The Young

COOKS MONITOR:

OR,

DIRECTIONS

FOR

Cookery and Distilling.

BEING

A choice Compendium of Excellent Receipts.

Made Publick for the Use and Benefit of my Schollars.

By *M. H.*

LONDON,

Printed by *William Downing* in Great St. *Bartholomew-Close*, 1683.

1037.e.20.

The Epiſtle Dedicatory.

TO ALL

LADIES

AND

GENTLEWOMEN,

Eſpecially thoſe that are my

SCHOLARS.

Ladies and Gentlewomen,

PErhaps you do Expect to find me going before my little Book to declare loudly its Worth and Praiſe, but knowing the true Value of it my Self, I ſhall only

recommend it to you as a Piece neceſſary for young Ladies and Gentlewomen, not doubting but when you have made uſe of it, you will find it ſo ſatisfactory, that you will give it ſuch a Character, as it may live in the World with Reputation to its Self, and

Your Humble
Servant

M. H.

The Young Cooks Monitor: or Directions for Cookery and Diſtilling.

How to Stew Carps.

TAke a brace of Carps of a Foot long, let them be alive, and ſcrape off the Scales, then waſh them, then cut them in the head, and lay them in a diſh and let them bleed, then open their belly and take out the gutts, and waſh them with a quart of Claret, and put them in a ſtewing Pan, and pour the Claret on them that you waſhed them with, and put three blades of Mace into the Pan to them, and waſh three Ancho-

recommend it to you as a Piece neceſſary for young Ladies and Gentlewomen, not doubting but when you have made uſe of it, you will find it ſo ſatisfactory, that you will give it ſuch a Character, as it may live in the World with Reputation to its Self, and

Your Humble
Servant

M. H.

The Young Cooks Monitor: or Directions for Cookery and Diſtilling.

How to Stew Carps.

TAke a brace of Carps of a Foot long, let them be alive, and ſcrape off the Scales, then waſh them, then cut them in the head, and lay them in a diſh and let them bleed, then open their belly and take out the gutts, and waſh them with a quart of Claret, and put them in a ſtewing Pan, and pour the Claret on them that you waſhed them with, and put three blades of Mace into the Pan to them, and waſh three Anchovies

vies clean and put in, and half an ounce of whole white Pepper, and a piece of Lemmon-peel, and a large Onion cut croſs and croſs, and a large Nutmeg cut in quarters, and a little bundle of ſweet Herbs; then cover them cloſe, and let them ſtew over a ſlow fire two hours, and take a quart of large Oyſters and ſtew them in their own liquor half a quarter of an hour, then pour them into a ſieve to drain from the liquor which you muſt ſave, and put into the Stew-pan to the Carps, and let them ſtew a quarter of an hour with it; then waſh the Oyſters with clean warm water, take them one by one out of the water and lay them to drain on a ſieve, then take a quarter of a pint of liquor from your Carps, and melt a pound of Butter with it thick, then diſh your Carps with ſippits round the diſh, and put your ſtewed Oyſters into your Butter, and pour your butter over your Carp, and garniſh your

Diſh

Diſh with pickled Barberries, ſlices of carved Lemon, Flowers and Parſly, and ſerve them to the Table.

How to dreſs a Diſh of boyled Pullets.

Take three Pullets and tye them in a cloth, and put them into the Pot when the liquor boyls, let the liquor be made white with a little Flower, and put in Salt enough to ſeaſon it, and let the Pullets boyl half an hour, if it be at Chriſtmas you muſt have bales of forced Meat and Sauſages, and Oyſters one quart, ſtew your Oyſters in their own Liquor half a quarter of an hour, with a blade of Mace, and a little whole white Pepper, then ſtrain them from the liquor and ſave it in a clean baſon, then waſh the Oyſters in warm water clean from the Gravel, then waſh one Anchovy and put into the Liquor of your Oyſters, and ſtew it a quarter

of an hour; the bales of forced Meat muſt be ſtewed in ſtrong broth, with Lambs-Stones and Sheeps-Tongues boyled and blanched; then have a pound of Sauſage ready fryed in ſome Butter, and ſome Spinage boyled and drained clean from the water, and a pound of fat and lean Bacon boyled, then take a quarter of a pint of Oyſter liquor, and a little of the liquor your bales were ſtewed in, and ſet it over the fire in a ſauce-pan, and melt a pound and half of freſh butter thick, and when it is melted, then put in your bales and ſtewed Oyſters, then lay the Spinage at the bottom of the Diſh and lay Sippets round, then lay in your Pullets, being well drained, ſet your Diſh over a Chafing-diſh of Charcoal to keep it warm, then pour your ſauce over your Pullets, then lay on your fryed Sauſages, ſome on the Pullets, and ſome on the ſides of the Diſh, then cut off the rind and the inſide of the bacon,

Bacon, and lay it in ſlices upon the Pullets and upon the ſides of the diſh, then garniſh your diſh with ſlices of carved Lemmon, Pickle Barberries, Parſley, and Red Cabbage dipt in Vinegar to make it look reder, and ſtrow a little Salt on the Diſh.

How to make forced Meat.

Take a pound of a Leg of Veal, cut it into thin ſlices, then ſcrape it with a knife on a Trencher, keeping back all the skin and ſtrings, then take a Pound and half of Beef-Suet ſhred very ſmall, and mix it well with your Veal, then put it into a Stone-Mortar, and beat it till it is a perfect Paſt, then ſeaſon it with a quarter of an Ounce of Pepper, half a ſpoonful of Salt, one Nutmeg grated, then ſhred a handful of Sage, and a little Roſemary very ſmall, mix it all well together with your hand, with two Eggs until it is in a Paſt, then put

it into a Pot and ſet it into a cool place, when you uſe any of it roul it into round Balls and ſome into long ones like Sauſages, then boyl them in ſtrong Broth a quarter of an hour, and ſo uſe them.

How to make ſtrong Broth.

Take four Pound of lean Beef, cut it into thin ſlices, and put it into a Stew-Pan and juſt cover it with Water, let it boyl an hour, ſcum it, and when it is boyled, ſqueeſe it between two Trenchers, this is Broth for Frigacies, *&c.*

How to make a Frigacy.

Take half a dozen of Chickens, or a dozen of Pigeons, or half a dozen of Rabbets, cut them into quarters, and brake their Bones, and waſh them clean from the Blood, then put them into a Frying-Pan,

put

put in as much water as will cover them, then put in a great Onion cut croſs and croſs, and three blades of large Mace, and a little large Pepper, a little piece of Lemon-Peel, and a bundle of ſweet Herbs, and as much Salt as will make it ſavory, and a quarter of a Pound of lean Bacon cut in thin ſlices, then ſet it upon a ſlow fire and let it boyl half an hour, then ſtir in half a Pound of ſweet Butter, and let it boyl half an hour longer ſlowly, ſtir it often and beat the Yolks of four Eggs with the Juyce of a Lemon and a little Parſly ſhred into it, then take it off the fire and put them into it and ſtir it together, if your Sauce be not thick enough, ſet it over the fire and give it a warm, then have a Diſh ready with ſome Sippets, and pour it in, and Garniſh the Diſh with ſome Lemon-Peel, and ſlices of carv'd Lemon, and ſome Flowers and Parſly, and ſerve it into the Table.

To

To make Sauce for Roſted Partridges, or Pheaſants, or young Turkeys.

Take a Penny-Loaf, and cut off all the out-ſide Cruſt, and cut the Crum in three ſlices, and put it in a pint of cold Water, and ſet it over the fire till it boyls, then take it off and drain it from the water, then put to it a quarter of a pint of Mutton-gravy, or Beef-gravy, a little Pepper, and a little Salt, and two or three ſlices of Onion or Shelot: Then ſet it over the fire, and maſh the Bread with the back of the ſpoon, then boyl it half a quarter of an hour, then ſtir in a quarter of a pound of Butter, and uſe it.

To Haſh a Calves-head.

Take a Calves-head, and waſh it clean from the Blood, and boyl it half an hour in a Cloath; Then take

one

one half and cut it in ſlices and put it into a Stew-pan with ſome ſtrong Broth, and three blades of Mace, and two Anchovies, a bundle of Sweet-herbs, half a pint of Oyſter-Liquor, one pint of White-wine, half a Spoonful of Pepper, a large Onion, a piece of Lemon-Peel, and ſet it over a ſlow fire, and let it Stew ſlowly two hours, then put in ſome Blanched Cocks-combs, and Cocks-Stones, and let it Stew half an hour longer, then Stew a quart of Oyſters; then of Lamb-ſtones, and Calves Sweet-breads, and Sheeps-Tongues, Parboyl'd and Peel'd, take ſix of each; then have a batter made of Cream, and Eggs, a little Flower, and ſome Sweet-herbs ſmall ſhred, and a little Nutmeg, let there be of this the quantity of a pint, then dip all the things above ſaid into it, and cut the Tongue of the Calf in four pieces, the long way, dip it into the Batter, then fry theſe things in Cla-

rified

rified Butter, or Beef-dripping; then broyl the other half of the Head over a clear fire, and lay it in the middle of the Diſh, then thicken your Sauce with a piece of Butter and the Yolks of two Eggs, the Sauce is that which you Stew it in, which you muſt ſhake together, and pour on the Head, and lay the fry'd Tongues, Oyſters, and Sweet-breads, and Lamb-ſtones up and down the Diſh, to Garniſh your Diſh, and put to it ſome pickl'd Barberries and Flowers, and Carved Orange, and put ſome Juyce of Orange into your Sauce.

To make Scotch *Collops.*

Take two Pound of a Fillet of Veal, and cut it into thin ſlices, as thin as a Half-Crown, lay it a broad on a clean Dreſſer, and hack it with the back of a Knife on both ſides very well, then ſeaſon it with Pepper, Nutmeg, and Salt, then ſhred ſome Thyme

Thyme, Winter-ſavory, Penny-royal very ſmall, and ſtrew it upon both ſides of the Collops, and let them lie in a Diſh two hours, then fry them in Clarified butter till they are tender, but not brown, then take them out of the Pan, and clean the Pan, and put in half a pint of Mutton or Beef Gravy, and two or three ſpoonfuls of Oyſter-Liquor, the Juyce of an Orange, a little Lemon-Peel, ſhred very fine, and ſhake them together a little over the fire, then beat in the Yolks of two Eggs to thicken your Sauce. Garniſh your Diſh with carv'd Orange and Lemon-Peel, ſhred fine and ſtrowed about the Diſh, and carv'd Sippets, and a little Salt, then pour it into the Diſh and ſend it to the Table.

To make Sauce for a Hare.

Take a Penny-Loaf, and cut it in ſlices into a pint of Clarret, ſet it over

over the fire and boyl it; and maſh it with the back of a Spoon, then put in a quarter of an Ounce of beaten Cinnamon, let it boyl a little, and put in a little Vinegar to make it Tart, then ſweeten it with Sugar, and ſtir in a little Butter, then put it in the Diſh, and Garniſh the Diſh with the Cruſt of your White Loaf grated, and a little Salt and Flowers, this is alſo Sauce and Garniſhing for Roſted Veniſon, or Roſted Tongue and Udder.

To make Sauce for Roaſted Pullets, or Capons.

Take ſome ſtrong broth, and chop the Necks off your Fowls, and put into it, and put in a little Pepper, a whole Onion, two Anchovies, two or three ſpoonfuls of Oyſter-Liquor, boyl all theſe together half an hour, then ſhred the in-ſide of a Lemon and put it into the Sauce, which muſt

muſt be poured off firſt from the Necks and the Pepper, and put it Hot into the Diſh, then put in the Fowls, and Garniſh the Diſh and Fowls with carved Lemon, and ſerve them to the Table.

To make Sauce for Wild Pidgeons.

Take Sage and fat Bacon, ſhred it very ſmall together, and ſeaſon it lightly with a little Pepper, one Onion ſhred ſmall, a little Salt, ſtuff your Pidgeons with it and Roſt them, put half a pint of Mutton-gravy into the Diſh, and ſet it over a Chafing-diſh of Coals, then put your Pidgeons into the Diſh, and with a Knife pull out the ſtuffing into the Gravy, make it Hot and ſend it to the Table.

To make Sauce for young Ducklings.

Take young green Onions, or Sithes, boyl them in Water, then drain the Water from them, and ſhred them very ſmall, then melt ſome Butter very thick, and put them into it, and put in a little Salt, and a little Pepper, ſtir it all together, put it into the Diſh hot, and lay the Ducks on it; Garniſh the Diſh with pieces of Onion and a Cruſt of Bread grated, and ſerve them to the Table.

To make Sauce for Roaſted Wild-Ducks.

Take of Thyme and Winter Savory of each a little, and of Sage, ſhred theſe very ſmall, put them into a little ſtrong broath, a little Pepper, and a little Salt, and a little Ginger, two ſpoonfuls of Clarret, two ſpoonfuls of Mutton-gravy, boyl all this

a quarter of an hour, put in the Gravy that drops from the Ducks, but none of the fat of them, when the Ducks are three quarters Roasted, pour the Sauce through them, and send them in, and when they are cut up, put them upon a Chafing-dish of Coals, and Stew them a little.

To make Sauce for Boyled Ducks.

Take Onions and boyl them in water, changing it twice that they be not strong, when they be soft, take them up and mash them with a spoon, put a good quantity of Butter to them, and a little Salt, and a little Pepper, work your Butter well amongst your Onions, then lay the Ducks in the Dish, and pour the Sauce upon them, and Garnish your Dish with pieces of Onion and Parsly, and Salt, and serve them to the Table.

To Pickle Lemons which afterwards may be Preſerved, they are likewiſe good to mix with a Grand Sallad if Minced.

Put the Lemons in a deep Earthen Pot, and lay a cover upon them to keep them under the Pickle, then make a Pickle of Water and Salt ſo ſtrong as will bear an Egg, and put to them, and let them abide in it a Month or Six weeks, or two Months, and uſe them as you pleaſe.

To Pickle Quinces.

Take your Quinces and Scald them, then pack them in a ſteep Stone Pot that hath a narrow Mouth, or in a Jarr, and take ſome of the worſt of the Quinces and cut them to pieces, and alſo ſome Quince pa-

rings, and put into a quantity of ſmall Beer, as will fill up the Veſſel, and boyl the parings and pieces of Quince in it, till you have made it a good ſtrong decoction, then ſet it by till it is quite cold, and then put it to the Quinces, and lay the pieces of Quince and the parings upper-moſt upon the Quinces, and fill up the Veſſel with the Pickle, but be ſure lay ſomething to cover them, ſo that all be kept under Pickle, you may uſe them at your pleaſure.

To make Hypocras.

Take two quarts of Canary-wine, and two quarts of Rheniſh-wine, and two quarts of Milk, and mix all theſe together, then take three Ounces of Cinnamon, and half an Ounce of Gallingal, and half an Ounce of Coriander-ſeeds, and an Ounce of Nutmegs, beat it all very fine, and put it to the Wine, and a

Pound and an half of fine Sugar, mix all well together, and ſtrain it through an *Hypocras* bag till it is fine, and Bottle it up to drink at your pleaſure.

To make a Syllabub.

Take half a pint of Canary, or White-wine, and ſqueeze in the Juyce of an Orange or half a Lemon, which you pleaſe, then ſweeten it very ſweet with fine Sugar, then put it into Syllabub Glaſſes, filling them a third part full, then take a quart of ſweet new Cream, and ſweeten it a little, and put it into the Glaſſes, and ſtir it about till it is mixed very well together, and let it ſtand an hour, then take a pint of Cream, and the whites of two Eggs, ſweeten it a little, and whip it with a white Whisk till it froths, and then take the froth as it ariſeth, and lay it upon the top of your Glaſſes,

Glaſſes, till it is pretty much above the Glaſſes, and ſerve it up to the Table.

To make Almond-Butter to look white.

Take about two quarts of Water, the bottom of a Maunchet, a blade or two of Mace, and boyl them together a quarter of an hour, then let it be cold, then take a Pound of ſweet Almonds and blanch them, and beat them with four or five ſpoonfuls of Roſe-water till they are very fine, then put them into the boyled water and ſtir it well together, and ſtrain it through a hair Sieve, then put it into a Preſerving Pan, and make it juſt ready to boyl, then take the Juyce of half a large Lemon and put into it, but ſtir it in very well, and when you ſee it ready to turn, take it off from the fire, and take a fine Napkin and pour it all over the Napkin,

then ſcrape it all together with a ſpoon, and tye it hard with a thred, and let it hang in the cool till the Morrow, then ſweeten it to your Pallet, and if you pleaſe, you may perfume it with Amber-Greece, and ſerve it up to the Table.

To make Lemon Cream.

Take ſix Lemons, and pare them very thin, and ſteep the paring in a quart of fair water, that it may be very ſtrong of the Lemon-Peel, then ſqueeze in the Juyce of the Lemons, then add to it three ſpoonfuls of Orange-Flower-water, and the whites of eight Eggs, and two Yolks beaten very well, then ſtrain it through a hair Sieve, and ſweeten it to your Pallet with fine Loaf-Sugar, and ſet it on a fire, keeping it ſtiring all one way, till it be a thick Cream, then put it in ſmall thin Cream Bowls or Glaſſes, and ſo uſe it.

To make Sugar Plate.

Take half an Ounce of Gum-draganth, and ſteep it in a quarter of a pint of Roſe-water two or three days, then force it through a hair Sieve, then take double Refined Loaf-Sugar, and beat it and ſearce it fine, and put the Gumradganth into a Mortar, and ſome Sugar to it, and beat them together very well, and keep adding of Sugar till it be a ſtiff Paſt, then roul it out with ſearced Sugar into thin Cakes, and print it out with Moulds into what form you pleaſe: and for to Collour this, you may uſe Collouring made of Cutchinele, or Dammask-Roſes, or Burrage-Flowers dryed and beaten to a fine Powder, if you make any of it into figures, you may uſe fine beaten Cinnamon for to Collour the hair, and dry them in the Stove.

To make Aqua-Mirabilis.

Take Gallingal, Cloves, Mace, Cubebs, Ginger, Cardimum-ſeeds, Nutmegs, Mellelot-flowers, of each two Drams, one pint of the juyce of Cellendine, and a pint of the juyce of Balm, and half a pint of the juyce of Spare-Mint, Cowſlip-flowers, Roſemary-flowers, Burrage-flowers, Bugloſs-flowers, and Marygold-flowers, of each of all theſe two Drams, Angellica-water one pint, let the Spices and Seeds be beaten a little, and put to all theſe two quarts of good Canary, and two quarts of White-wine, and a quart of Brandy, and let them ſtand four and Twenty hours covered cloſs in a well Glazed Earthen Pot, then ſtill it off with a Limbeck or Worm, and ſweeten it with double Refined-Sugar to your Pallet for uſe.

To make Gaſcoyn *Powder.*

Take of Pearl, of Red-Coural, of Crabs-Eyes, of burnt Harts-Horn, of white Amber, of each a like quantity, let them all be beaten and ſearced through a very fine ſearce, then take as much of the black Tops of Crabs claws burnt, as of all the reſt beaten and ſearced very fine, then mix them all together, and make it up into a Paſt with Harts-Horn-jelly, and dry it in the Wind, but not in the Sun, and if you pleaſe, you may add to it a little oriental-Beazar powdered fine, and a little fine Saffron powdered, when you lay it out to dry, you may make it into little Balls, like Piſtol Bullets, or what ſhape you pleaſe, this is good to drive out a Surfeit, and comfort the Vitals, and give a like ſweat; you may give Sixteen or Eighteen Grains to a Man or Woman, and accordingly to young People

People as they are in Years, and after it keep warm.

To Coller Beef the beſt way.

Take a piece of the thin Flanck of Beef, let it be cut broader by two Inches at the thin end than at the thick end, take off the inward and the outward skins; and if it be a large piece of Beef, then take ſix Ounces of Salt-Petre and beat it fine, and a quart of Petres-Salt, and a quart of Bay-Salt, and beat it very fine, and rub on the Salt-Petre firſt, and then the Petre-Salt, and then the Bay-Salt, and let it lie in Salt a Night and two days, then take half an Ounce of Nutmegs, half an Ounce of Mace, one Ounce of Pepper, and a few Cloves, and beat them all, but not too fine, then waſh the Beef in a Pale of Pump-water very clean, and dry it in a courſe Cloath, then ſeaſon it with your Spice all over, and

and roul it up hard, and bind it up close with broad Tape, and put it in a deep Earthen pot, and put to it a quart of Clarret, and a Pound of Butter, and tye it over with double Paper, or cover it over with course Past, and bake it with Houshould-Bread, and when it is bak'd, take it out of the Pot, and roul it up in a Course Towel, and tye it at both ends, and hang it up to drain till it is cold, then wrap it up in white Paper, and keep it in a dry place, but not near the fire, to keep it for use.

Or thus for Change.

Sometimes take a handful of Sage, and a handful of Parsly, a bunch of sweet-herbs, wash them clean, and shred them, and mix them with the Spice, and season your Beef, and roul it up, and bake it as before-said.

To make French *Bread.*

Take two quarts of fine Flower, and half a pint of Ale-Yeaſt, a pint and half of new Milk, warm the Milk Blood-warm, put in the Yeaſt into the Milk, and half a ſpoonful of Salt, and ſtir it together, and ſtrain it through a hair Sieve into the Flower, and make it into a little Paſt not Kneaded, but work it up lightly with your hand, then warm a Linnen-cloth, and a Woollen-cloth very Hot, and lay it upon your Paſt, and ſet it warm by the fire to Riſe for half an hour, then work it up lightly with your hand again, and have ſome little Wooden-Diſhes warmed, and pinch off little pieces as bigg as a Turkey Egg, Flower your Diſhes, and put into every Diſh a piece of it, and cover it down warm, and let it ſtand by the fire a quarter of an hour, then Flower your Peel and prick it as

you

you ſet it into the Oven; half an hour Bakes it in a pretty quick Oven, while it is Hot chip it.

To Coller a Pigg.

Take a good fat Pigg of a Month or five weeks Old, and kill him, and dreſs him fit to Roaſt, then cut off the Head, and ſlit him down the Back, and Bone him, then take a handful of Sage, and chop it ſmall, and two Nutmegs, and a little Mace, and a few Cloves, and beat them very fine, and a good handful of Salt, mix all theſe together, and ſeaſon the Pigg all over with it, and roul it up hard, and tye it about with Tape, and ſow it up in a clean Linnen Cloath, and boyl it in water with a little Oat-meal in it well ſeaſoned with Salt till it is very tender, when it is boyled, take it and hang it up in the Cloaths that it was boyled in, till it is quite cold, then take

ſome

ſome water and put to it ſome Oat-meal, as if it was to make a thin Water-grewel, ſeaſon it well with Salt, and put in a pint of White-wine, and half a ſpoonful of whole Pepper, boyl it all together half an hour, then ſet it by till it is cold, and then take off the Cloaths, and put in the Pigg, and let it lie Eight days in the Sowcing, then uſe it as you pleaſe, it muſt be Eaten with Muſtard and Sugar, or with Vine-gar.

To make a Goosberry Fool the beſt way.

Take a quart of Goosberries, and ſcald them tender, and drain them from the water through a Cullender, and with the back of a Spoon, force all the beſt part of them through the Cullender, and then take a quart, or three pints of new Cream, and ſix Eggs, Yolks and Whites, beat them well

well, and put them to the Cream, cut a large Nutmeg in large pieces into it, and ſome Roſe-water and Sugar, ſweeten it according to your Pallat, ſet all on a gentle fire, and ſtir it till you ſee it of a good thickneſs, then take it off, and cool it a little, then put it into white Earthen Cream bowls, and when it is cold, ſerve it to the Table.

To make Cinnamon-Water.

Take a Pound of Cinnamon, and beat it groſly, then put it into as much White-wine, or Canary as will infuſe it, and ſet it infuſe Twenty four hours, then take a Gallon of Canary, and two Gallons of White-wine, and put into an Alimbeck or Worm-Still, and put the Cinnamon to it, and Diſtill it, if you think it will not be ſtrong enough of the Cinnamon, you may put more to it, you may taſt by the ſtrength of it

when you have Stilled it enough, you may ſave the ſmalleſt by it ſelf, which is good in ſome caſes; this Water muſt be ſweetened with fine Sugar, double Refined is not too good for the uſe.

To make Marrow Puddings.

Take a Pound of Jorden, or Valentia-Almonds, or any ſweet Almonds, and blanch them, and beat them in a Stone or Wooden Mortar with a little Roſe-water, then take the Cruming part of a two penny white Loaf, and the Marrow of three or four Marrow-bones, a Nutmeg grated, the Yolks of four Eggs, let this be wetted with new Cream, put in a little Salt, and if you pleaſe you may perfume it with two or three grains of Amber-greece, and fill the skins, and boyl them gently till they are enough.

To dry Beef after the Dutch *Faſhion.*

Take the beſt part off the Buttock of a Fat Oxe, cut it into what ſhape you pleaſe, and take a quart of Petre-Salt, and as much good Bay-Salt, as will Salt it very well, which you muſt do, and let it ſtand in a cool Sellar Ten days in the Salt, in which time, you muſt look upon it, and turn it, and rub the Salt upon it, then take it out of the Salt, and hang it in a Chimny where a Wood fire is kept for a Month, in which time it will be dry, you may keep it all the Year, but when you would eat any of it, you muſt boyl it tender, and when it is cold, ſlice it out into thin ſhivers, as thin as you can, and eat it with ſweet-Butter, and if you pleaſe a Sallad.

To make Lugatellus *Balſom, excellent good for any Green Wound, or any Burn, or Scald, or any Bruiſe, inward or outward, or for to heal the Lungs, being taken inwardly in Canary-wine or Poſſet, to the quantity of a Haſle Nut.*

Take a quarter of a Pound of yellow Bees-wax, cut it into ſmall peices, and put it into an Earthen Pipkin, with a pint of Canary-wine, melt it, and when it is quite melted, take it off the fire, then take half a Pound of *Venus* Tirpintine, and waſh it in Roſe-water, then take a pint and half of the beſt Sallad-oyl, and put both the Oyl and Tirpintine into the Pipkin; when the wax is well melted in the Wine, then boyl them

them together with a very gentle fire till they be well Corporated, then take it from the fire, and let it cool, and when it is through cold, set it on the fire again, and when it is throughly melted, put in one Ounce of the Powder of red Saunders, and stir it till it be cold, then put it in a Gally-pot, and keep it for use.

To make a Batalia *Pye.*

Take half a dozen young Chickens, about the bigness of Blackbirds, and six very young squab Pidgeons, truss them fit to bake, then have six Oxe Pallets well boyled, blanched, and cut in little pieces, then have six Lamb-stones, and as many good Veal Sweet-breads cut in halves and parboyled; the Bottoms of five Artichoaks boyled and blanched, and twenty Cocks-combs, boyled and blanched, a quart of great Oysters parboyled, and the Marrow

of four large Marrow-Bones ſeaſoned with Pepper, Nutmeg, Mace and Salt, fill the Pye with the Meat, and mingle the Kernels of Piſtachoe Nuts amongſt it, Cock-ſtones, knots or Yolks of hard Eggs, and as much Butter as you think will ſerve, for to keep all moiſt, cloſe it up, and Bake it, one hour and an half will do it in a gentle Oven; before you ſet it into the Oven, put into it a little fair water, and when it is baked, pour out the Butter, and Liquor it with Gravy and Butter beat up thick, and ſome ſliced Lemon, and ſerve it to the Table.

To make an Excellent Frigacy.

Take ſix ſquab Pidgeons, and ſix Chickens of the bigneſs of the ſquab Pidgeon, ſcald them, and truſs them when drawn clean, then ſet them, and have ſome Lamb-ſtones blanched, parboyled, and ſliced, fry moiſt

moſt of the Sweet-breads flowered, have alſo ſome Sparragraſs ready, cut off the Tops an Inch Long, the Yolks of two hard Eggs, ſome Piſtacho-Nut Kernels, the Marrow of ſix Marrow-bones, let half the Marrow be fryed in Green and White Batter, let it be kept warm till it be almoſt Dinner-time, then have a clean Frying-Pan, and fry the Fowl with good ſweet Butter, when finely fryed, put out the Butter, and put to them ſome good Gravy, ſome large fryed Oyſters, and ſome Salt, then put in the hard Yolks of Eggs, the reſt of the Sweet-breads that are not fryed, the Piſtachoes, Sparragraſs, and half the Marrow, then Stew them well in the Frying-pan with ſome grated Nutmeg, a little Pepper, a few Shellots, and a little White-wine, then have the Yolks of ten Eggs diſſolved in a Diſh with ſome good Wine-Vinegar, and a little beaten Mace, and put it to the Fri-

gacy, then have ſome fine White Bread and cut into Sippets, and laid at the botton of a Diſh ſet on Coles, with ſome good Mutton Gravy, then give the Frigacy two or three warms on the fire, and pour it on the ſops in the Diſh, Garniſh it with fry'd Sweet-breads, fry'd Oyſters, fry'd Marrow, the Piſtachoes, ſliced Almonds, and the juyce of two or three Oranges, and ſerve it up to the Table.

To make a Sack-Poſſet.

Take the Yolks of twenty Eggs, then have a Pottle of New-Cream, boyl it with good Store of whole Cinnamon, and ſtir it continually on a good Fire, then beat the Eggs with a little Raw-Cream and ſtrain them, when the Cream is well boyled and taſteth of the Spice, take it off the Fire and put in the Eggs and ſtir them well in the Cream, being

pretty

pretty thick, have ſome Sack in a Poſſet-Pot or deep Baſon, half a pound of double refined Sugar and ſome grated Nutmeg, warm it in the Baſon and pour in the Cream and Eggs, the Cinamon being taken out, pour it as high as you can, hold the Skillet, let it ſpatter in the Baſon to make it Froth, it will make a moſt excellent Poſſet, then have Loaf-Sugar finely beaten and ſtrow on it, and if you pleaſe ſome beaten Cinnamon: you muſt put the quantity of Wine according as you would have your Curd, but take heed that you have right good Canary-Wine. And when you have Eat it, with Maſter and Miſtreſs Bride a good Night, and go to Bed, and it is probable that you may Sleep very well after it.

To make a Sack-Posset Another way.

Take two quarts of new Cream, a quarter of an ounce of whole Cinnamon, and two Nutmegs quartered, boyl it till it taste well of the Spice, and keep it stiring or it will burn too, then take the yolks of fourteen or fifteen Eggs, beaten well together with a little cold Cream, and strain it through a Hair-Seive, put them to the Cream on the Fire, and stir it till it begin to boyl, then take it off and sweeten it with fine Sugar to your Pallat, and stir it till it be pretty cool, then take a pint and a quarter of Canary, sweeten that also, and set it on the Fire till it be ready to boyl, then put it in a fine clean bason and pour the Cream into it, ellivating your Hand to make it Froth, for that is very commendable in a Posset, therefore you may put

put it through a Tunnel, which is the beſt way to make it Froth.

To make a Syllabub.

Take Sider or Rheniſh-wine or White-wine, and ſweeten it very well with fine Sugar, and grate in a little Nutmeg, fill the Syllabub-pot half full of this Liquor, then take as much new freſh Cream as will fill up the Pot, and ſweeten that alſo, and take a Glaſs or Tin-funnel, and pour the Cream through to make it Froth, and let it ſtand a while for the Curd to harden before you do Eat it.

To Stew a Shoulder of Mutton with Oyſters.

Lay a Shoulder of Mutton to Roaſt, and when it is half Roaſted, take off the upper Skin whole, and cut the Meat into thin ſlices, put it into

into a Stew-pan and put to it a little Clarret, two blades of Mace, half a Nutmeg, cut in great bits, one Anchovies, a little Oyſter Liquor, and a little Salt, and two or three Shalots, and when it is almoſt enough put in ſome Capers, Olives, Samphire, and ſlices of Orange or Lemon, and a ſlice of good Butter, which muſt be ſtirred and ſhook well about: Let the ſhoulder blade and the Bone have ſome Meat left on, which you muſt ſlaſh with your Knife and broyl it, let the skin be finely breded to look brown, then lay the Bone into a clean Diſh with ſome white Sippits under it, and pour on all the Meat upon the Bone, laying it in a handſome form, then have ſome large Stewed Oyſters in ſome of the Sauce, which pour on alſo, then cover it with the skin, and Diſh it with ſlices of Lemon and Lemon peel, and ſend it to the Table.

To Stew Pidgeons after the French *Manner.*

Take ſix quab Pidgeons that are juſt Killed, let them be Scalded and Truſſed as for boyling, then put them into a deep Pewter-diſh in a ſingle Row, let them lye cloſe together, and put to them if in the time that Grapes are to be had, a large bunch of white Grapes, or elſe a quarter of a pint of White-wine, and half a pint of Water, and thirty Corns of whole Pepper, and a little Salt, and a quarter of a Nutmeg, and a blade of Mace, Stew them throughly, then take a clean diſh, ſet it upon a Chafing-diſh of Coals, and put them into it, and beat a piece of freſh Butter into the Sauce, and put upon them, and put ſome Greens or Flowers about the Diſh.

To make a Cream-Cheese in Haſt.

Take a quart of Cream, a pint of Milk, and the whites of ſix Eggs, and beat them together, and ſtrain it through a Hair-ſeive, then ſet it on the Fire till it boyleth, keeping it ſtiring till it begins to be thick, then put ſome Verjuice to it and ſtir it together, then have a little Cheeſe-mould ready by you, and lay a clean Napkin into it, and pour it into the Cheeſe-mould, and let it ſtand a while till the Whey is dropped away, and you perceive you may turn it out upon a Plate, which you muſt do, but turn that ſide which lay downwards in the Cheeſe-mould upwards, and ſcrape double Refined Sugar upon it, and if you pleaſe put Sack or Roſe-water with it. You muſt wet the Napkin in a little fair water before you uſe it.

To make an Almond-Cheese.

Take a pound of sweet Almonds and blanch them, and beat them very fine with two or three Spoonfuls of Canary, then take three pints of sweet Cream, and six Eggs, and beat together and strain it, and set it on the Fire till it begins to grow thick, then take it off the Fire and stir it till it be almost cold, then put in as much Sack as will make a pretty firm Curd, then pour away the thin part, and put the beaten Almonds to the Curd, and mix them well together, and lay them upon the Cheese-mould as the former to drain, and when it is cold Dish it, and put fine beaten Sugar upon it, and some Raw-Cream, and serve it to the Table.

To Candy Flowers for Sallets, as Violets, Cowſlips, Clove-gilly-flowers, Roſes, Prim-roſes, Burrage, Bugloſs, &c.

Take weight for weight of Sugar-Candy, or double Refined-Sugar, being beaten fine and ſearced, and put in a Diſh with a little Roſe-water, ſet them over the fire, and ſtir them with a Silver-Spoon till they be Candid, or boyl them in a Candy height Syrup, till you perceive they will Candy, keep them in a dry place for uſe, and when you uſe them for Sallets, you may ſtrew them upon your Sallets at your pleaſure, or put a little Wine-Vinegar to them, and Diſh them, and ſerve them to the Table.

To make Black-Puddings.

Take the Blood of the Hogg, whilſt it is warm, put in ſome Salt, and as much great Oat-meal as will make it thick, let your Oat-meal be well pick'd, and let it ſtand ſoaking all Night, then take a few off the Tops of Roſemary, a little Penny-royal, ſome Winter-Savory, and a green Leek or two, ſhred all theſe very ſmall and put them in, but take heed it taſteth not too ſtrong of any of them, then put in ſome ſweet Cream, till you ſee it of a fit thickneſs, and that the Collour doth begin to be Pale, then beat four or five Eggs, whites and all, and put to it, and ſeaſon it with Cloves and Mace, and a little Pepper and beaten Ginger, and put in good ſtore of Hogs fat, or Beef fat, cut in large Bitts, and fill the skins with it, and boyl them gently, or they

will break, you must not fill them too full.

To make Christial Jelly.

Take three pair of Calves-Feet, and scald off the hair very clean, and pull of the Claws, and take out the great Bones and Fat, and lay them in clean water, shift them three or four times in a day, and the next Morning boyl them in a large well Glazed Pipkin with six quarts of fair Spring-water, let them boyl gently till three quarts of the water be boyled away, they will take four hours time to boyl them, then strain the Liquor into an Earthen Pan or Bason, and let it stand till it is cold, then take off the Fat from the Top clean, and the worst of the Drosse from the bottom, then put it into the Pipkin again, the Pipkin being first made clean, put to it three pints of Rhenish-wine, or Old White-wine,

wine, the juyce of four Lemons, three blades of large Mace, a little-bit of Ginger ſliced, two Pound of fine Sugar, then take the whites of Ten Eggs, and a pint of White-wine, whip them together and put to it, and ſtir all together, and if you will Perfume it, you may grind a Grain of Musk, and a Grain of Amber-greece in a Mortar with a bit of Loaf-Sugar till it be finely ground, and then put it into the reſt, and ſet it all on a gentle fire and keep it ſtir-ing, you may alſo before it boyls put in three or four Ounces of Iſing-Glaſs that is cut into ſmall bits, let it boyl gently half a quarter of an hour, then take it off the fire and let it cool a little, then ſtrain it through a Jelly-bag, and if you ſee it is not clear at firſt, put it into the Bag again till it doth come out clear, you muſt ſtrain it in a warm place or elſe it would cool in the Bag, which if it ſhould do, you muſt take

it out and melt it again, putting it into the Bag boyling-hot, you may put it whilſt it is hot into what things you pleaſe, and when it is cold, you may turn it out in the ſhape.

To make Marble-Jelly, or Jelly of ſeveral Colours.

Take four pair of Calves-feet, a Knuckle of Veal, a good Fleſhy Capon, prepared as is ſaid in the Chriſtial-Jelly, then have a clean Copper or Braſs-pot, and boyl it in three Gallons of fair-water, till ſix quarts be waſted, but let it be boyled very ſlowly upon a very gentle Fire; it will take five hours to boyl it, then ſtrain it out into a clean Earthen Pan through a hair Sieve, and let it be quite cold, then take off all the Fat from the Top, and the droſs from the Bottom, then divide it into four equal parts, and put it into four Pipkins that will contain

five

five pints a piece each Pipkin; to Colour them, put in some Saffron into one of them, as much as will give a bright Yellow Colour, into another, put some Cutchinele beaten with a little bit of Roach-Allom, into the third a little Turn-sole, and let the fourth be white.

Then to every Pipkin take a quart of White-wine, and the whites of eight Eggs, whip the White-wine and the whites of Eggs together with a white whisk, and put it into the Pipkin, squeeze into each Pipkin the juyce of two Lemons, and into the white Jelly slice a little bit of Ginger, and put in the paring of half a Lemon very thin pared into the Red-Jelly, cut two Nutmegs, and as much in quantity of Cinnamon as of Nutmegs the like into the yellow, and the Turnsole Pipkin, then to each Pipkin put a pound of fine Sugar, or sweeten it to your Pallat: you may Perfume this as directed in the Chri-

ſtial-Jelly, with a little Muſk and Ambergreeſe, ſtir all well together and ſet it on a gentle Fire, and when it hath boyled about half an hour all four Pipkins, then hang four clean Jelly-bags upon a Spit before the Fire, with a clean Earthen-pan under each bag, and ſtrain off the Jellies, but if they are not clear at firſt, put them up again till they run clear: you may keep them in the pans to Diſh at your pleaſure, or if you pleaſe you may have Tin-moulds in the ſhapes of Paries, Quinces, or any other ſhape as you can Fancy, as Schollop-ſhells, Cockle-ſhells, Eggs, or if you will you may make a hole in an Egg, and get the white and the yolk clean out, and fill it with this Jelly, you muſt for to make it cut like Marble, fill firſt a little of one colour and ſet it to cool, and fill it a little of another colour and let it cool, and ſo till the Egg-ſhell or mould is full, keeping the Pans of

Jelly

Jelly warm by the Fire-ſide, and when you Diſh this you may cut it in quarters, to make it look to advantage: ſome of the moulds you may fill all of a colour, and when you Diſh them let it be upon a Diſh and Plate. You may Invent many ways of forming this Jelly, as in ſmall clear Cake-glaſſes, and turn them out upon the Plate when you Diſh them.

There is another Jelly to be made which is white, to mix with this for to make it cut in variety of colours, for this white Jelly may be coloured Green with Spinage colouring, and Blew with a little Indigoe, as alſo Red with Cutchinele: I ſhall now give directions for the making this Jelly, which is as followeth.

Take a pound of Jordan-Almonds and blanch them, and beat them as fine as you can beat them, with a pint of Roſe-water, then make a very ſtrong Jelly with half a pound of Iſinglaſs, boyled with one half part

Wine and the other half Spring-water, (two quarts of each being sufficient) and when you find your Jelly to be strong, then put in the Almonds, when it hath cooled a little, stir them about, sweeten it to your Pallat, and squeeze in the juyce of a couple of large Lemons, then strain it or force it through a clean Hair-seive, and colour some of it Green, some of it Blew, some of it Red, and cast it into what moulds you please, either by it self or with the former Jelly, but to make the outside of the Eggs, some of this white Jelly will do best.

To make the Cordial Restorative Jelly.

Take a pound and half of the best Rasped Harts-horn, and put it into a large Pipkin, and put to it a Gallon or five quarts of Spring-water, a pound of Eringoe-Roots, blanched and beaten in a Wooden or Stone Mor-

Mortar, but beat them not much more than to bruiſe them, that the Goodneſs may boyl out of them, take alſo four ounces of China-roots and cut them in very thin ſlices, and put into the Pipkin, and ſet the Pipkin on a gentle Charcoal Fire, and let it boyl gently five or ſix hours till about two thirds of the water is boyled away, then take it off the Fire and Strain it through a Hair-ſeive, then take three pints of Wine, the one half Canary and the other half White-wine, and the whites of ten Eggs; beat the Wine and Eggs very well together with a white whisk, and have the Pipkin cleaned, and the Liquor almoſt cold, and put the Wine and that together into the Pipkin, and ſtir it well together, then put to it a quarter of an ounce of Cinnamon, a large Nutmeg, cut in large Bits, the juice of two Lemons, and the peel of about half a Lemon, and as much of Orange-peel pared very

very thin, alſo the juice of two Oranges and a pound of double refined Sugar; Let this boyl upon a gentle Fire about half an hour, then ſtrain it through a Jelly-bag, till it is fine and clear; Let it be ſtrained into a China-baſon, or a fine Earthen-baſon, and near the Fire that it may not grow cold in the bag, this Jelly may be eat cold, or warm'd in a Porringer, and drank warm, and is a very great Reſtorative.

To make a Frigacy of Chickens.

Take as many Chickens as will make a Diſh, and Scald them, and cut them in pieces and put them into a Stewing-diſh, and put to them ſome ſtrong Broath or ſome Gravy, a little ſweet Marjoram, Thyme, and Winter-Savory, Cloves and Mace, two Anchovies and an Onion, ſo let it Stew together till they be tenderly boyled, and when the

Liquor is waſted, then put in about three quarters of a pint of White-wine, then take a handful of Parſly, boyl it in but a very little while becauſe of its colour, then take about three quarters of a pound of Butter, and thicken it with Eggs beaten up with Wine, and keep it ſtirring for to thicken it, when you perceive it is enough garniſh your Diſh with Lemons ſliced and a little Lemon-peel, and Diſh it and Serve it to the Table.

To Stew Carps an excellent way.

Take a brace of Carps, Scale them and ſcour them with Salt, then open them, and have a care you do not break the Gaul, nor ſpill the Blood, and ſtir it with a little white-wine Vinegar, then put them in a Stewing-diſh, and put to them a quart of Clarret, then take a whole Onion and ſtick it full of Cloves, then put in two or three blades of

Mace

and a grated Nutmeg, and a bundle of ſweet Herbs, and a Shallot or two, ſo ſet it upon a good quick fire, and when it hath Stewed a pretty while, take a little clarified Butter that is made brown with clarifying, and pour on the ſides of them, & when they are Stewed enough Diſh them up, then take the Sauce and beat up ſome Butter in it, be ſure let your Sauce be thick, and make it Savory with Salt, then pour your Sauce all over the Fiſh, and garniſh the Diſh with the Spawn of the Carp boyled, if they have any; if not, with ſliced Lemon and Lemon-peel, and ſome Green and Flowers.

To boyl Carps the beſt way.

Scale them, and Scower them with Salt, then open them, and ſave the Spawn and the Liver, then hang over your Kettle with water, and put in ſome Salt and Vinegar, and one

one Onion or two, and a bundle of Sweet Herbs, and when it boyls, then put in your Carps, and let them boyl about a quarter of an hour, till they are pretty tenderly boyled, but not too much, for then you will ſpoil them, and when you have ſo done, for your Sauce, take about a quarter of a pint of White-wine, and ſet it on the fire with Cloves and Mace, and two or three Anchovies, an Onion, and a little Horſe-Radiſh, and when it hath boyled about a quarter of an hour, put in ſome Oyſters, or Oyſter-Liquor, and then ſet it over the fire again, and let it boyl a little while, then take ſome Butter and beat up in the Sauce, be ſure you make it thick, if you find it to be thin, you may take ſome grated Bread, or elſe ſome of the Flommary next directed and beat into it to make it thicker, then Garniſh your Diſh, and diſh up your Carps, Garniſh the Diſh with

the

the Liver and Spawn, and ſlices of Lemon and Lemon-Peel, and a little Green and Flowers, and ſerve them to the Table as hot as you can.

To Coller Eeels.

Take off the skin, then ſlit the Eeel down the Back, take out the Bone and Garbidge, then take Sage and Parſly ſhred ſmall and mixed with Pepper, and a good quantity of Salt, ſeaſon them very well, then Coller them up, and boyl them half an hour in water and White-wine, and about half a pint of Vinegar, put in ſome Salt, whole Pepper, a blade of Mace, and a Faggot of ſweet herbs, when they are boyled, hang them up till they are dropped dry, and when the Liquor is cold, put them into it, and keep them for your uſe.

To make Flommary that will thicken Sauce Excellently, instead of Flower or grated Bread.

Take a good handful of beaten Oat-meal, and put into a quart of water, and boyl it very well till you have boyled almoſt one half away, then ſtrain it through a hair Seive, and let it ſtand by you, and as you need it, make uſe of it; it is far better then grated Bread, or Flour, or in ſome caſes then Eggs.

To Pickle Walnuts, to eat like Mangoes.

Take green Walnuts before the ſhell is grown to any hardneſs in them, pick them from the ſtalks, and put them into cold water, and ſet them on a gentle fire till the outward skin

skin begins to Peel off, then take courſe Cloaths and wipe it off, then put them into a Tubb, or a Pot, and put water and Salt to them, changing once a day for Ten or Twelve days, till the bitterneſs and diſcolouring of the water be gone.

Then take a good quantity of Muſtard-ſeed, and beat it with Vinegar till it becomes courſe Muſtard, ſome Cloves of Garlick, and ſome Ginger, and a little beaten Cloves and Mace, make a hole in each Nut, and put in a little of this, then take White-wine and White-wine Vinegar, and boyl it together, and as you are going to take it off from the fire, put in Pepper, Ginger, Cloves, Mace, and ſome of the Muſtard and Garlick according to your diſcretion, then put the Nuts into it boyling hot, then cover the Kettle till they are cold, then put them up in a Jarr-Glaſs, or a well glazed Pot, and keep them under the Liqour cloſe

ty'd

ty'd down with Leather, for your Uſe.

To Pickle Turnips.

Take Turneps ſmall and round, about the bigneſs of a ſmall Walnut or leſs, dry them well with a Cloath, then take Dill and Fennel, a pretty quantity of Salt, Pepper and Mace beaten together, lay theſe in the bottom of an Earthen Pot, then lay upon this a laying of Turneps, and on every laying of Turneps a little Dill, Fennel, Salt, Pepper and Mace, as before, till the Pot be almoſt full, then put into the Pot Verjuice and White-wine Vinegar, but more Verjuice than Vinegar, and keep them cloſe ſtopt a Month or Five weeks before you uſe them.

Another way to Pickle Turneps.

Take them when they are in their prime, pare and ſlice them pretty thin, then take as much White-wine Vinegar as will cover them, put a good quantity of Dill, and a little Pepper bruiſed, put them into an Earthen Pot, and lay a Board upon them to keep them down under Pickle, then tye them up cloſe and they will keep all the year.

To Pickle Cowſlip-Flowers.

Take a ſteep Earthen Pot, or Jart-Glaſs, and lay a laying of Flowers, and a laying of Sugar till the Jart or Pot be full, then put White-wine Vinegar to them, and keep them cloſe covered for uſe.

To make a Carp Pye.

Take Carps and Scale them, and take out the Bones, and pownd the fleſh of them in a Stone or Wooden Mortar with ſome of the Blood with it, which muſt be according to diſcretion, becauſe it muſt not be too thin or too ſoft, then Lard it with the Belly of a very fat Eele, and ſeaſon it, and bake it like red Dear, and eat it cold.

To make Collered Neats-feet, to Eat like Brawn.

Boyl the Neats-feet and Order them as at other times, take alſo a piece of Pork that is of the Flanck, and boyl it indifferently, then pick all the meat off from the Neats-feet, and roul up the piece of Pork like a Coller of Brawn, then take a ſtrong Linnen Cloath, and ſome large Tape,

you muſt take off the skin from the Pork, and having put the Pork into the Cloath, with the Meat of the Neats-feet about it, roul it up hard in the Cloath, and bind it up with Tape, and boyl it again till you think a ſtraw will run through it, then take it and hang it up in the Cloath till it is quite cold, then put it in a Soucing Liquor, and uſe it at your pleaſure.

To Pickle Broom-Buds.

Gather your Broom-buds in the cloſe Bud, clean from Seeds or Leaves, put them in a Glaſs-Bottle or Jarr, and make Brine ſtrong enough to bear an Egg, and fill up the Bottle and ſtop it cloſe, and let them ſtand. Then to make them fit to eat, take them and pour away the Brine, and waſh them in fair water, then let them ſtand in fair water Eighteen hours, then pour the water from them and

and put them in a Skellet, and put to them half water and half Vinegar, and cover them close with a Cloath under a Trencher, and let them boyl gently till they are tender, then take them off the fire, keeping them close covered till they are cold, then pour the Liquor from them and put them into a Gally-Pot, and put Vinegar to them, and cover them close, and keep them for use.

To Coller and Souce an Eele.

Take the Eele and slit it open, then season it with Salt, Mace and Pepper, then roul it in such manner as you roul Brawn, boyl it in a pint of White-wine, and a pint of water, and half a pint of Wine-Vinegar to be put in a little before you take it from boyling, which is when you find it tender, let it boyl a Walm or two after the Vinegar is in, then take it off and let it cool, then put it into

a deep Earthen Pot, and cover it close, and set it by till you think it Souced enough, then Eat it.

To Pickle French-*Beans.*

Take French-Beans before they be ripe and cut off the stalks, then take good White-wine Vinegar and boyl it with Pepper and Salt, season it to your Pallate, and let it stand till it is cold, then take the Beans and pack them also into an Earthen Pot, and put Dill between your layings, and put in the Pickle and cover them close for three weeks, then take the Pickle and boyl it, and put it to the Beans when it is boyling hot, and cover them close, and when they are cold, they will be fit to eat.

To Scald and Green ſeveral ſorts of Fruit, as Plumbs of all ſorts, and Pippins, or Jenneting-Apples.

Take them when they are Green upon the Tree, and put them into a Skellet of cold water, covered very cloſe over a gentle Fire, till they are through Scalded, and will peel, and when you have peeled them, then heat a freſh skellet of fair water ſcalding hot, and put them into it, and cover them very cloſe, and ſet them on a few Embers, till they are Green, which will be in one, two or three hours: theſe are for to put in Tarts.

To Stew Pidgeons.

Split them in halves, then lay them in a deep Pewter-diſh, and put

to them an equal quantity of Wine and Water, as much as will keep them from burning, the seasoning must be a little Cloves and Mace, a few corns of whole Pepper, and a little Salt, and when they are Stewed enough, beat up a little butter thick in the Liquor they were Stewed in, and serve them to the Table, if you have any Ketchup you may put in half a score drops.

To make Damson-Wine.

Dry your Damsons in an Oven after you have drawn your Bread, then to every quart of Damsons put three quarts of fair water, but first boyl it very well, put your water and Damsons into a Runlet together, and let it stand fifteen days, then draw it off into Bottles, and into every Bottle put a lump of Sugar, and in a month or six weeks, it will be fit for to be drank, when you Drink

it

it, you may ſweeten it to your Pallat.

To make Quince-Wine.

Pare your Quinces, and ſlice them very thin, cores and all, then weigh them, and put them into a Runlet with a Tap-hole in it, and to every ten pound of Quinces, put a Gallon of well boyled water boyling hot, ſtop it cloſe and ſti it well together once a day, then ſtop it again for ten or twelve days, then draw it off, and to every gallon of Liquor, put a pound of Loaf-Sugar, and when it is well diſſolved, Tun it up into the Runlet again, if you can let the Runlet be full that you keep it in, let it be ſtopped very cloſe, and about a Month or ſix weeks after Bottle it off and keep it for your uſe.

To Fat Chickens in a little Time.

Take Riſe and grind or pound it, then take the Flour and ſcald it well with Milk, and mix it with brown Sugar, and give it your Chickens in the day time, but no more than they can eat at a time, for when you give it them it muſt be warm, it muſt be as thick as a Paſte, give it them in their Troughs belonging to their Coopes, and give them Beer to Drink, and they will be quickly Fat.

Another way to Stew Pidgeons.

Take as many Pidgeons as will make a Diſh, and cut them in four quarters, they muſt not be waſhed, but put them into a Stewing-diſh, and put as much ſtrong Broath as will cover them, Seaſon them with Cloves,

Cloves, Mace, two or three Anchovies, a little Thyme and Sweet-Marjoram, and Savoury and an Onion, and a little Salt, when they have boyled a while till they are pretty tender, then put to them about half a pint of Clarret or White-wine, and when they are tenderly boyled put ſome Butter into it, and beat it up and thicken it with Yolks of Eggs, or ſome of the Flomary directed to be made in Page 29. If you have any Oyſters or Oyſter-Liquor, you may put ſome in, and then the leſs ſtrong Broath will ſerve. Diſh it upon fine white Sippits, and garniſh the Diſh with ſliced Lemon or Barberries, and ſome Greens or Flowers, and Serve it to Table.

To make Surfeit-Water an excellent way.

Take a Gallon of white Anniſeed-water, a peck of Red Field Poppies, ſteep

ſteep them three days & three nights, then ſtrain them out and put in half a pound of Raiſons of the Sun Stoned, half a pound of Figgs ſliced, half an ounce of Mace, half an ounce of Cinnamon, one ounce of Nutmegs cut in peices, one ounce of Liquoriſh, a quarter of an ounce of Cloves, half an ounce of Grains, let theſe ſtand together three days and three nights, then ſtrain it, and put to it as much Sugar to ſweeten it as you think fit. The Poppies and Spice you Strained out Still them, and they will make an excellent Water.

To make Apricock Wine.

Take three Pound of Sugar, and three quarts of fair water, let them boyl together, and take off the ſcum, when it riſeth put in ſix Pound of Apricocks par'd and ſton'd, let them boyl till they are very tender, then take them off the fire and let them ſtand

ſtand till almoſt quite cold, then take up the Apricocks and ſtrain the Liquor, and when it is quite cold put it in Bottles, you may put in a ſprig or two of flowered Clary, which gives a good Flavour when the Apricocks are taken up : The Apricocks will ſerve to make Tarts for your Table.

To make Cowſlip Wine.

Take four Gallons of Water, ſix Pound of Sugar, boyl your water and Sugar very well together, for the ſpace of one hour, having put into it the whites of ſix Eggs, well beaten with a white Whisk, in a Gallon of the water, when cold, ſcum it as the ſcum ariſeth, then put it into an Earthen Pot, and take half a Buſhel of Cowſlip Flowers clean pickt, and beat them in a Morter, and put them into the Liquor, the next Morning ſtrain them from the Liquor, and

ſqueeze

ſqueeze them very hard, then take a pint of the beſt Ale-Yeaſt and put it in, and when it begins to work ſpread on both ſides a large Toſt very well Toſted, ſome of the Yeaſt, and put it in, then put in two Bottles of Canary, and one Bottle of Rheniſh-wine, and the juyce of three Lemons, afterwards let it work a Day and a Night being cloſe covered, then ſtrain all out, and put it into a Runlet, and ſtop it cloſe, and after a Month it will be fit to Bottle, then draw it into Bottles, and put to it a lump of Sugar in each Bottle if you pleaſe, it will keep all the Year.

His Grace Gilbert *Lord* A. B. *of* Canturbury, *his moſt Excellent Plague-water.*

Take Agrimony, Worm-wood, Sellendine, Angellica, Sage, Tormentil, Scabios, Balme, Mug-wort, Pim-

Pimpernel, Sparemint, Scordium, Cardus Benidictus, Dragons, Fetherfew, Wood-Sorrel, Avens, Burnet, Moth-worth, Gallenga, Rue, the Flowers of Marigolds, Cowslips, Penny-Rial, of each half a Pound, of Rosemary one Pound, a little root of Elecampain, the seeds of Fennel, Annis, Coriander, Cardimums, of each two Ounces, beat the Seeds and shred the Herbs small, or beat them, and infuse them in three Gallons of Canary in a Vessel that you can stop up close, a great Jarr-Glass is best, and after Eight and Forty hours, Distill them in a Still well pasted to keep in the Spirits, you may add of the best Mithridate four Ounces, and Treacle Andromica six Ounces, mix these with the other, when you are ready to Still them, you are to weigh the Herbs green, and so Still them, you may Still about five quarts of good water, afterwards if you draw any more, keep it by it self, for the small will wax Sower.

An

An Excellent Medicine against ſharp Humours in the Blood.

Take Roſemary and dry it in the ſhade, and Powder it, and take as much in a Morning as will lie upon Six pence in a Glaſs of White-wine, and faſt three hours afterward.

How to make a Chadron Pye.

Take a Calves Chadron and Parboyl it then when it is cold, ſhred it very ſmall, then ſhred a Pound of Suet very fine, then ſeaſon it with half an Ounce of Cinnamon, and two Nutmegs, and a little beaten Cloves and Mace, a little ſhred Lemon and Orange Peel, four good Pippins ſhred ſmall, a little Roſe-water, and half a pint of Sack, if it be a large Chadron, if not, a quarter of a pint will be enough; and a Pound and half

of

of Currans; mix all these together with a quarter of a pound of Sugar and a little Salt; then fill your Pyes or Florendine with this Meat. This Florendine must be Bak'd in Puff-past, or cold Past.

A most Precious Water against the Plague, or a Surfeit, or an Ague.

Take two pound of Rue, and an equal quantity of each Herb following to make up four pound in weight, Scordium, Rosasolis, Agrimony, Worm-wood, Salendine, Sage, Pimpernel that groweth in the Corn, Balm, Mugwort, Dragon, Marygolds, Leaves and all, Fetherfew, Burnet, Sorrel, Elecampane-Root, scraped and shred small, Scabious, Wood-Bittany, Carduus-Benidictus, Angelica, Rosemary, in all four pound weight, Sparemint-water, Bit-

tony-water, Pellitory of *Spain*, a quarter of a Pound of each, Pellitory of the Wall two Pound, mingle all theſe together, and ſhred them very ſmall, then ſteep them in the beſt White-wine three Days and Nights ſtirring of it two or three times a day, put in no more Wine than will firſt cover the Herbs, then Diſtill it in a common Still paſted up very cloſe to keep in the Spirit, you muſt take care that you do not draw off too much, for this Water ſhould be ſtrong, therefore you muſt taſte it, and when you find it begin to run off weak, then draw the weak by it ſelf, which will turn ſouer if long kept, but for preſent uſe may ſerve in ſome Caſes, the Virtues of this Water are many; it is good againſt the Infection of the Plague, and if the ſore come not out kindly, then mingle a little Mithridate in four or five Spoonfuls of this Water, and give it the Patient cold to drink, and lay him warm to

ſweat

ſweat afterwards: It is likewiſe good againſt any Infection of the Small-Pox, or Meaſles, give four Spoonfuls of the Strong water to drink without Mithridate, except you ſee occaſion; for both together may drive out the Small-Pox or Meaſles too violently: It is alſo good in Surfeits, but if there be any Feaver, then give of the Small water, and if no Feaver, then give of the Strong: It is likewiſe good againſt the cold ſhaking Agues, and if the fit be very cold, put a little Mithridate into four or five Spoonfuls of the Strong water, and give it two hours before the fit cometh, and then walk away your cold fit, or if you are not able to walk, then lie down and cover your ſelf warm, to get heat before the cold fit doth come, and in three or four times it will relieve the Patient.

An excellent way to Pickle Cucumbers.

Take Right *Engliſh* Cucumbers, wipe or waſh them clean, then take as much water as will cover them, and as much Salt as will make it bear an Egg, then boyl it, and ſcum it, and put it to your Cucumbers into a deep Earthen Pot, and let them ſtand three Days and three Nights cloſe covered, ſo that the ſteem cannot get out, then take as much White-wine Vinegar as you did water, with Cloves, Mace, Nutmegs, Ginger, and a little more white Pepper than any other Spice, boyl your Spice with your Vinegar, then put the Brine away from them, and lay the Cucumbers into the Pot, and between each lay, put Dill, and Fennel, and Horſe-Radiſh, then put your Vinegar with a penny-worth of Roach-Allum boyled in it, or if you like not the Allum

Allum, then take a penny-worth of Salt-Petre, with the Spices, pour the Pickle ſcalding hot upon your Cucumbers, cover them cloſe to keep in the ſteem, and lay a Board upon them to keep them under the Pickle, or elſe they will grow moldy, let them ſtand about a Month, and they will be fit for uſe, they will keep very long being done this way. A Year at leaſt.

To Boyl Ducks, the French *way.*

Take them and Lard them, and put them upon a Spit, and half Roaſt them, then draw them off and put them into a Pipkin, and put a quart of Claret-wine into them, and ſome Cheſnuts blanched, and a pint of large Oyſters, three Onions minced very ſmall with ſome Mace and a little beaten Ginger, a little Thyme ſtriped, and a Cruſt of fine Bread grated

into it to thicken it, and beat in a ſlice of Butter, and Diſh them upon Sippets, and Garniſh the Diſh with Barberries Pickled, and ſliced Lemon, and ſome Greens, and ſend them to the Table.

To make a Tanſie.

Take a quart of new Cream, and a quarter of a pound of Naples-Biskets, grate them and put them into the Cream, then grate a Nutmeg and put in, then take two penny-worth of Spinage, and a handful of Tanſy, pick and waſh it very clean, and ſwing them in a clean courſe cloath, then beat them very well, and ſqueeze out the juyce very hard, and ſtrain it through a hair Sieve, then take fourteen Eggs, take away ſix of the whites, and beat them very well, and ſtrain them into the juice, then put the juice and the Cream together, and ſweeten it very well,

well, and put in a little Salt to take away the Flashiness of the Eggs and the juice, then have a skillet clean scoured, and put in about two ounces of fresh butter and melt it, and shake it all about the skillet, then put in the Tansie, and set it over a gentle Fire, and keep it stirring till it grows as thick as batter, then if you have conveniency bake it, as thus, take a round Tin Pudding-pan, and butter it very well, then put in your Tansie which is in the skillet, and put it in an Oven which is not too hot, and half an hour will bake it, and when it is bak'd turn it out upon a plate or Masarene, and squeeze the juice of two Oranges upon it, and strow on good store of double refined Sugar beaten small, and garnish it with Carved Oranges sliced, and quarters of Orange, and serve it to the Table.

If you have not an Oven, then you may bake it in a Frying-pan over

a very gentle Fire, but an Oven is better.

To make Goosberoy-Wine the beſt way.

Take to every three pound of Fruit one pound of Sugar, and a quart of fair water, boyl your water very well, but you muſt put the foreſaid quantity when it is boyled, bruiſe the Fruit and ſteep it twenty four hours in the water, ſtir it ſometimes, then ſtrain it off and put the Sugar to it, then put it into a Runlet and ſtop it, let it ſtand a fortnight or three weeks in a cool Cellar, then draw it into Bottles, and Cork it well, and tye down the Corks, let it ſtand a Month or two, then it will be fit to Drink.

In the ſame manner make Currans and Rasberry-wine.

To make Cherry-Wine.

Stone the Cherries, but do not bruiſe them, take the ſame quantities as for Goosberry-Wine, of water, Sugar and Fruit, put in the Cherries and Sugar when the water is boyled, and let them Stew a little over the Fire, a quarter of an hour, then let the Liquor run through a hair Sieve, but Preſs it not, and do with it as with the Goosberry-wine.

The only Cherries for this uſe are the great Barers, the Murry and Morilla, Black-Flanders, and *John* the Decent-Cherries.

All theſe ſorts of Wines may be put into Runlets to work, they muſt have ſome ſmall vent till the working is over, then to be kept cloſe ſtopped.

How

How to make a Quaking Pudding.

Take a Penny-loaf and grate it, then take a pint of Cream, and eight Eggs, and take away the whites, beat them very well, then grate a ſmall Nutmeg, and too Spoonfuls of Roſe-water, mix all theſe together, then put in a little Salt, and as much Sugar as will make it pleaſant, then put your Pudding Cloath into boyling water, and let it boyl a little, then ſqueeze it out, and ſpread it all over with Butter, then ſtrew it all over with Flower, and lay it in a Baſon or Cullender, and put the Pudding in and tye it up cloſe, one hour will boyl it; then for Sauce, take Roſe-water, and a little Sack, and a quar- of a pound of ſweet Butter, and a good Spoonful of fine Sugar, and ſet it over the fire and melt it thick, and ſcrape Loaf-Sugar upon the Pudding,

and

and on the Brim of the Dish pour on the Sauce and serve it to the Table.

In the Spring time, you may Colour this Pudding with the juyce of Spinnage, or Cowslips, or Violets, or in the Summer with the juyce of Marigolds.

How to make a Rice Pudding.

Take a quarter of a pound of Rice, and boyl it in a quart of Milk till it be very tender, then put it into a Cullender, and let all the Milk drain from it, then beat it in a Mortar very well, then grate in a quarter of a Pound of Naple-Bisket, and take a pint of Cream, and six Eggs, one Nutmeg grated, a little beaten Cinnamon, two Spoonfuls of Sack, and a little Rose-water, a little Salt, and as much Sugar as will Season it to your Taste, then take a Cloath which is dipt in boyling water, and Butter it very well, and strow it all over with

Flower

Flour, and tye it up close, and boyl it one hour, then make Sauce for it with Rose-water, Butter and Sugar, and Butter melted thick, pour it upon the Pudding, scrape on Sugar, and strew on a little beaten Cinnamon, and serve it to the Table.

If you please to Bake this Pudding, then put in half a pound of Currans, and half as many Raisins of the Sun, and three quarters of a Pound of Beef-Suet shred fine, and so Bake it, one hour will Bake it, the Oven must not be too Hot.

How to make an Almond Pudding.

Take half a Pound of Almonds and blanch them, then beat them in a morter, with 3 or 4 Spoonfuls of Rose-water, but not too fine; then grate a quarter of a pound of Naple-Bisket, or the Crum of a Penny white Loaf, a little beaten Mace, a little Salt, and

as

as much Sugar as will make it pleasant, then take a pint of Cream, and Eight Eggs, take away half the whites, beat them very well, and strain them through a hair Sieve, then mix it all together, and have a clean Cloath dipped in boyling water and squeeze it out hard, then Butter it all over, and lay it in a Bason, then put the Pudding in and tye it up close, and let it boyl quick one hour, then have a quarter of a Pound of smooth Sugar Almonds, or blancht Almonds, and stick them all over the Pudding for Sauce, take four or five Spoonfuls of Sack, and put in a good piece of fresh Butter and melt it thick, and sweeten it, and pour it all over the Pudding before you stick the Almonds, then scrape some fine Sugar on the brim of the Dish, and send it to the Table.

How to make an Orange Pudding.

Take the Peels of four good Civil-Oranges, and boyl them in a good quantity of fair water one hour, then pour it away, and put as much as at first, and boyl them one hour more, and so do for three times, then put them into cold Water, and let them lie all Night, then take them and dry them in a clean Cloath, and beat them in a Stone or Wooden Mortar very fine, then have half a Pound of Naple-Bisket grated and put to them, and one quart of Cream, and Ten Eggs, take away half the Whites, beat them very well, and strain them into the Cream, then grate a small Nutmeg and put to it, put in a little Salt, and half a Pound of good Sugar, stir it all together, then have a thin sheet of puff-Past, and Flower the bottom of a deep Pewter-dish, lay

on

on the Puff-paſt, then put in the Pudding, and put half a pound of good freſh Butter, and put it all over the Pudding in ſmall pieces, then cover it with another ſheet of Puff-paſt not too thick, and cut it with fine works, and on the brim of the Diſh, one hour will bake it.

How to make a Marrow Pudding.

Take a quart of good Cream, and Ten Eggs, take away four whites, beat them very well, ſtrain them into the Cream, grate in a good Nutmeg, a little beaten Cinnamon, put in a little Salt, no more than will take away the Flathineſs of the Eggs, put in too Spoonfuls of Roſe-water, and as much Sack, ſeaſon it with Sugar to your taſte, ſtir it well together, then butter the bottom of a deep Pewter-Diſh, and put in theſe ingredients into the Diſh, and then take

take the Marrow of three good Marrow-bones broke into pieces as big as a ſmall Wallnut, and put it all over the diſh, then have a penny white Loaf cut into thin Sippets, and lay them all over the Marrow, then have half a pound of Raiſins of the Sun, waſh'd and ſton'd, ſtrow them upon the bread, then have a border of Puff-paſt, and lay it on the brim of the Diſh, cut it into fine Works, and bake it, but not in too hot an Oven, three quarters of an hour will do it, when bak'd you may Garniſh it with Preſerved Barberies, Cherries, Bulleys or Damſons, or a few of each of theſe; ſcrape on Sugar, and ſend it to the Table.

A moſt Excellent Tanzey.

Take a quart of good Cream, the juyce of two penny-worth of Spinage, beat a ſmall handful of Tanſie with the Spinage, and ſtrain it into the Cream, then beat Eighteen Eggs, take away eight whites, beſure beat them very well, then ſtrain them into the Cream, then grate in one large Nutmeg, and put in a little Salt and ſweeten it very well, then Butter a Pudding-pan very well, and put it in, and bake it in an Oven as hot as for a Cuſtard, for the Garniſh it muſt be as the other.

How to make White Mead.

Take four Gallans of Spring-water, and two quarts of good Honey, and two Nutmegs, a quarter of an Ounce of Cloves, half an Ounce of Cinnamon, two Races of Ginger, boyl all theſe together till one Gallon

be waſted, then ſet it by in an Earthen Steen, and cover it cloſe, or if you have a ſmall Runlet that is better, when it is a Month Old Bottle it and it will keep half a Year.

How to make Almond Cream.

Take half a Pound of Jordan-Almonds and blanch them, beat them in a Mortar with four Spoonfuls of Roſe or Orange-flower-water, then take a quart of Cream and put to the Almonds and ſtir them well together, then ſtrain it through a hair Sieve, and ſet it on a ſlow fire, and let it juſt boyl, then take it off and ſweeten it, but not too ſweet, then put it out into little Chinay-diſhes, and when it is cold ſerve it to the Table.

To make Sauce for a Boyled Legg of Mutton in the Winter.

Take Samphire, Capers, and boyl'd Parſley, ſhred half the Capers and all the Samphire, you muſt have two pennyworth of each, ſhred the Parſley with them, then melt half a Pound of Butter thick with a little Vinegar, and a little of the Mutton Broath, then put in the ſhred Parſley, Capers, and Samphire, and if you like ſweet Sauce, then ſweeten it to your taſte, then have a Diſh ready with carv'd Sippets, lay'd under the Mutton, and pour on the Sauce all over the Meat, and ſtrew on the whole Capers, or if you pleaſe, you may eat it without Sugar which is moſt in Faſhion now, Garniſh your Diſh with Pickled Barberries, and Capers, and Parſley.

In the Spring.

Take young Spinage and pick it, & wash it clean from the Gravel, then take a skillet of boyling water, season it with a little Salt, and put in the Spinage, boyl it a quarter of an hour, then put it in a Cullender and squeeze away the water, and melt some Butter thick, and put to the Spinage, and strew it into it in the Dish upon a Chafin-dish of Coals, then put it in handsom Order in the Dish, lay on the Meat, and put some of the Spinage shred into the rest of the Butter, and pour it all over the Meat, Garnish the Dish with Parsley-flowers and carv'd Lemon.

Sauce for a Legg of Lamb.

Boyl Spinage as before, then have a hundred of boyled Sparrow-grass, first lay the Spinage into the Dish, then lay on the Lamb, then cut off the Tops

Tops of the Sparrow-graſs above half an inch long, put it into ſome Butter melted very thick with a little of the Liquor which the Lamb was boyled in, lay ſome carv'd Sippets in the Diſh, and put the Sauce all over the Lamb, Garniſh the Diſh with Parſley-Flowers and carv'd Orange, you may put a little juyce of Orange in the Sauce. Sometimes for change, put in ſome Scalded Gooſberries amongſt the Sauce.

A Cure for a Conſumption.

Take as much Burrage as will cover the bottom of a Still, and as many Chickens ſplit in the middle as will alſo cover the Still, let the Stones of the the Cock Chickens remain in them, let the Chickens not be waſhed, lay the Chickens into the Still upon the Burrage, put into them two Ounces of Harts-horn, then cover them with Burrage again, and a hand-full of Endiff, and Dandelion, and

Liverwort, four Ounces picked and waſhed clean from the Earth, and ſpotted Lungwort a handful, then Diſtil them in a cold Still carefully, and keep the water for uſe, and when you do uſe it, make a Powder with the particulars as followeth. Take a Dram of Pearl, a Dram of red Coral, a grain of Musk, and a grain of Ambergreece, five or ſix grains of Beazer, Orientalis, and a Book of Leaf-Gold, let this be beaten into a very fine Powder, and to three Spoonfuls of the water, put as much of the powder as will lie upon a Single-penny, and take it in the Morning Faſting, and when you go to Reſt.

To make Sauce for Green-Geeſe.

Take Sorrel, pick it and waſh it, and ſwing it in a courſe cloath, and ſtamp it, and ſtrain the juyce, then

then have ſome Goosberries tender ſcalded, but not broke, then melt ſome Butter very thick with the juice of Sorrel, then ſweeten it well with Sugar, and put in the Goosberries, put it into the Diſh and lay the Geeſe upon it, and garniſh the Diſh with ſcalded Goosberries, and a little ſcrap'd Sugar; this Sauce will ſerve for a boiled Legg of Lamb.

To make Sauce for a boyled Legg of Mutton, or Lamb in the Summer.

Take ſome good Colly-flowers, and cut the ſtalks off by the Flowers, waſh them clean, and tye them up in a clean cloath, then have ſome Milk and Water boyling on the Fire, put in the Colly-flowers, boyl them till they be tender, but not broke, take them up in a Cullender and let them drain, then ſet your Diſh upon a Chafing-diſh of Coals

and lay in your Colly-flowers all round the Diſh, then lay the Meat in the middle, then have ſome Sparrowgraſs ready boyled, cut off the tops about half an Inch long, melt almoſt a pound of good freſh Butter, put half of it upon the Colly-flowers in the diſh, then put the Sparrow-graſs into the reſt of the Butter, and pour it upon the Meat, garniſh the Diſh with Flowers and Parſly; this Sauce will be good for boyl'd Chichens adding a hundred of Sparrow-graſs to it, which you muſt lay between the Colly-flowers, twenty in a parcel, and garniſh the Diſh as before, only lay Sippets as before in the Diſh.

To boyl freſh Fiſh, as Flounders, Place, Whitings, Maid, and Thornback.

Take your Fiſh being clean waſht and ſcrap'd, and ſtrow it with Salt, and let it lye half an hour, then ſet

it

on the water on the Fire, and ſeaſon it with Salt very well, then put in a little whole Pepper, one great Onion cut in ſlices, a blade of Mace, ſome ſlices of Nutmeg, a bunch of ſweet hearbs, make your Liquor boyl, then put in the Fiſh and boyl it, but not too faſt, about a quarter of an hour if the Fiſh be thick, if not, then half the time will be long enough, then take them up and lay them in a Diſh, and ſet the Diſh upon ſome hot Coals, and dry up the water with a Sponge as faſt as it comes from the Fiſh, then put Sippets in the Diſh, and lay on the Fiſh.

To make Sauce for all ſorts of Freſh-Fiſh.

Take two Anchovies, and boyl them in a little White-wine a quarter of an hour, with a Shalot cut into ſlices, then melt your Butter very thick, and then put in a pint of pickt

pickt Shrimps, and give them a heat in the Butter, and pour them upon the Fiſh, ſometimes you may put in ſome Oyſter Liquor.

To make Sauce for boyled Rabbets.

Take great Onions and peel them, then boyl them half an hour in good ſtore of water, then pour that from them, then put more freſh water to them, and let them boyl till they be tender, then take them up into a Cullender, and drain all the water from them, and put them into a Pewter baſon, or a Sauce-pan, or Pipkin, and put to them about half a pound of good ſweet Butter, a little beaten Pepper, as much Salt as will make them Savoury, and ſet them on the Fire, always keeping them ſtirring, and break the Onions with the back of a Spoon, then lay the Rabbets in the Diſh, and when your

your Sauce is thick and white pour it all over the Rabbets, garniſh your Diſh with pickl'd Barberries, Parſly and Salt, and ſo ſerve it to the Table. This Sauce is for the Winter Seaſon.

For the Spring time for young Rabbets.

Take young Onions or Sives, boyl them till they be tender, you muſt take all the green of the Onions but juſt the tips, when they be boyled ſhred them very ſmall, then melt ſome butter very thick, with ſome of the Flomary, and put in the Onions or Sives and ſtir them together, and when hot put them over the Rabbets and garniſh the diſh with Flowers, Parſly and Salt, and ſo ſerve it to the Table. This Sauce is good for young Roaſted Ducklings.

Savoury Sauce for a Roasted Hare.

Take strong Broath, a great Onion, and a bundle of sweet hearbs, cut the Onion into small pieces, put in some Pepper grosly beaten, and as much Salt as will make it savory, a slice or two of Lean Bacon, a little shred Sage, let it boyl half an hour, then shake in a little Flour out of a dreger, and let it boyl half an hour longer, then put in the Gravy which comes from the Hare, and a little Ketchup, and when the Hare is enough, serve it to the Table.

To make Sauce for Roasted Chickens.

Take some Mutton or Beef gravy, and shred into it a Shalot or two, and a little Pepper, half a spoonful of Ketchup, or if you have no Ketchup,

up, then put in one Anchovy, boyl it a little, then put in a little Juice of Lemon or ſhred Lemon.

This Sauce is good for Pullets or Capons, take the Necks of the Foul and cut them very ſmall, or bruiſe them very well with a Peſtle or a Rolinpin, then take ſome ſtrong Broath, and ſlice in one great Onion, a little Pepper, and a little Salt, put in a little Flour with the Gravy of the Fowl, boyl it well together, and put it to the Fowl.

To make a young Sallet.

Take half a pound of Butter and clap it down in the middle of a large Pewter-diſh, then have ſome ſhred red and white Cabbadge, ſome Parſly pickt fine and lay'd upon the Butter ſo as to cover it, then ſtick a branch of Lorrel in the middle of the butter, then have theſe things as followeth, as pickl'd French-beans, pickl'd Sparrow,

row-graſs, Broom-buds, Muſhrooms pickl'd, Schollops, pickl'd Oyſters, Anchovies waſht and ſplit, Capers, Luke-Olives, Mangoes, Bambooes, if it be in the Spring, when Sallet is very young, then have a little Spring Sallet finely pickt, and lay in one quarter, you muſt divide your Diſh in ſo many parts as to lay a little of all theſe things alone by themſelves, one Mango is enough, it muſt be laid in whole, garniſh your Diſh in Summer with flowers, and ſlic'd carv'd Lemons, and in the Winter with carv'd Lemon, and red and white Cabbage, and Parſly, you muſt dip your red Cabbage in Vinegar to make it keep its colour, ſome pickl'd Barberries, garniſh your Diſh and ſet it upon a ſtand in the middle of the Table. Let it be the firſt and laſt Diſh upon the Table.

How to make Sauce for a Cods-Head.

Take a quart of Oyſters, and put them into a Cullender, and let the Liquor run from them, then waſh them clean from the Gravel in fair water, then lay them on a clean Cloath to dry them, then ſtrain the Liquor through a hair Sieve, and put in the Oyſters with ſome whole Pepper, a blade of large Mace, four Shallots, one Anchovie, let them boyl a quarter of an hour, then ſet them by, then take a quart of pickt Shrimps, and put them into the Oyſters, and ſet them over the fire, and let them juſt boyl, then melt a Pound and a half of good Butter with ſome of the Flommary, melt it very thick, and put in ſome of the Oyſter Liquor, then ſet it over the fire again and heat it, then put the Oyſters and Shrimps into a Cullender

der, and when the Liquor is run from them, put them into the Butter and heat it altogether, and when you have laid the Head, and Roe, and Liver in Order in the Diſh, as thus, firſt the Head, then lay the Roe in the Head, and the Liver on each ſide of then Diſh, the pour on the Sauce all over the Head, and lay on Fry'd Smelts, Fry'd Gudgens, Fry'd Oyſters and Cockles, Garniſh the Diſh with Sippets under the Head, carv'd Lemons in ſlices, Parſly, pickled Barberries, red Cabbage cut in ſhreds, and dipt in Vinegar to make it keep its colour ſhred ſome Lemon-Peel and ſtrew upon the brim of the Diſh, and ſerve it to the Table.

Before take out all the Liquor with a Spung, before you put the Sauce to it.

How to boyl Chickens after the French *Faſhion.*

Take young Chickens as big as Pidgeons, and ſcald them, and waſh them clean from the blood, then Truſs them for boyling, then have ſome ſtrong broath in a Pipkin, as much as will cover the Chickens, then put them in the Pipkin with three pints of young green Peas, and two handfuls of young green Spinage, a little Salt, one Shalot, let them boly till the Peas be enough, then ſtir in a good piece of freſh butter, then take a deep Pewter diſh, and cut Sippets and lay all over the bottom, ſet it on a Chafin-diſh of Coals, put on ſome of the broath, and let it have a heat, then lay on the Chicken, then pour on the reſt of the broath, garniſh the Diſh with Parſly, and Flowers, and ſerve it to the Table.

In the Spring before Peas come in, take the tops of two hundred of Sparrowgrass cut about half an inch long, instead of Peas.

How to Pickle French-*Beans another way.*

Take young Beans and string them, then take some water, as much as you think will cover them, then put in as much Salt as will make it a strong brine, so strong as to bear an Egg, then lay the beans in the pot, strowing between every laying a little white Pepper, Mace, and sliced Ginger, boyl the brine half an hour, then pour it upon the beans boyling hot, cover them down close, and lay a board with a weight upon it, to keep them under the Pickle, let them stand so 10 days, then take two quarts of Wine Vinegar, and make it boyl, then put in as many of the beans out of the Pickle as it will cover,

ver, and let them boyl a little till they be Green, and ſo keep them for your uſe, when they have lain in the Vinegar one day and a Night, they will be fit to Eat, ſo do as you have occaſion to ſpend them.

This way you may Pickle Cucumbers, or Broom-buds, or Sparrow-graſs, or Purſley-ſtalks, only to the Cucumbers add Dill and Fennel.

How to boyl Pidgeons in the French *Faſhion.*

Take young Pidgeons being clean pickt and waſht, then take a good quantity of Parſly, and waſh it and ſhred it, but not too ſmall, then take four yolks and whites of Eggs, brake them into the Parſly, then ſeaſon it with a little Salt, and a little Pepper, and a little beaten Ginger, then mix all together, then put in your Finger at the top and looſen all the skin on the breaſt, and put in as

much of the ſtuffing all over the breaſt as the skin will hold, then tye the skin at the neck cloſe, then have ſome water boyling on the Fire, as much as will cover them, ſeaſon the water with a little Salt, boyl them half an hour, then take ſome boyl'd Spinage and ſhred it, but not ſmall, then melt half a pound of Butter very thick to put to the Spinage, lay the Pidgeons in a clean diſh with ſome Sippets about the Diſh, and pour the Sauce all over them, Garniſh the Diſh with Parſly, grated Ginger, and Salt, and ſerve it to the Table.

To make Plumb-Broath.

Take a Legg of Beef, and a piece of the Neck, and put it into a good quantity of water, that is three or four Gallons, boyl it four hours, then have two pound of Currans clean waſht, and pickt, and three pound of Raiſons of the Sun, three pound of Pruans well ſtew'd, put in the Currans

Currans and Raiſons, let them boyl one hour, then take two pound of ſtew'd Pruans, and force them through a Cullender, leaving the ſtones and skins, then have a two penny white Loaf grated, mix it with ſome of the broath, and put the pulp of the Pruans to it, and one ounce of beaten Cinnamon, half an ounce of Nutmegs grated, a quarter of an ounce of beaten Cloves and Mace, put all theſe into the broath, let it boyl a quarter of an hour, keep it always ſtirring for fear it burn, then put in one quart of Clarret, and half a pint of Sack, and then ſweeten it to your taſte, put in a little Salt, then have ſome white bread cut as big as Dice in the Diſh or Baſon, lay a little piece of the Meat or a Marrow-bone, in the the middle of the Diſh, put in the Broath. Garniſh the Diſh with ſome of the ſtew'd Pruans, ſome Raiſons and Currans out of the broath, ſcrape ſome Sugar on the

brim of the Diſh, and ſo ſerve it to the Table.

To make an excellent Cake.

Take a peck of fine Flour, and dry it in an Oven, and when it is cold, rub in four pound of butter, you muſt rub it ſo fine that it may feel like grated bread, then have ten pound of Currans clean waſht and pickt, and rub'd in a cloath very dry, and two pound of Raiſons of the Sun, waſht and ſton'd and ſhred fine, and two pound of Almond-paſt, and rub it into the Flour, and two ounces of beaten Cinnamon, half an ounce of Mace, an ounce and a half of Nutmegs grated, a quarter of an ounce of Cloves, ſix grains of Amber-greeſe rub'd in a Mortar with a piece of Loaf-Sugar, and three pound of ſingle Loaf-Sugar, beat and ſifted, put all theſe things into the Flour, and mix them very well,

well, put in half a ſpoonful of Salt, 16 Eggs, take away ſix of the whites, beat them very well, one quart of good Ale-yeaſt, the Yeaſt muſt not be too light, for then it may deceive you, and not make the Cake light, and put the Eggs and Yeaſt together, and beat them well together, and then ſtrain them into the Flour, making a hole in the middle, then take one quart of good Cream, a pint of Roſe-water, and a quart of Sack, heat the Sack and Roſe-water in a skillet by themſelves, and the Cream by it ſelf, but not too hot, for then it will make the Cake heavy, firſt ſtrain in the Cream, and then the Sack and Roſe-water, but if you ſee that all the Sack will make it too light, then keep out ſome, it muſt be made into a lithe paſt, work it up light with your hand, and cover it with a warm Linnen-cloath, and ſet it to the Fire to riſe for half an hour, and

then have one pound of candid Citron, one pound of Orange-peel, half a pound of Lemon-peel, ſhred all this as ſmall as Dice, and when the Cake hath laid half an hour before the Fire, work in theſe Sweet-Meats, butter the Hoop, and tack three ſheets of ſtrong whited brown Paper together, and butter the uppermoſt, and put in the Cake, and put it into the Oven, the Oven muſt be a good ſoaking Oven, but not too ſcorching; this Cake will ask three hours baking.

To make the Iceing for this Cake.

Take two pound of double Refined Sugar, beaten very fine, and ſearce it through a fine Sieve, then have four grains of Amber-greeſe, rub'd in a little of the Sugar, and four whites of Eggs, two or three ſpoonfuls of Roſe-water, and put it into

into a ſtone Baſon or ſtone Mortar, and beat it up with a wooden Pudding-ſtirrer, and ſo you muſt keep it ſtirring till the Cake is baked, then Ice it with a bruſh all over, and put it in the Oven to harden the Iceing.

To make a Carraway Cake.

Take half a peck of Flour, and dry it before the Fire in a tin dripping-pan, ſtir it often, then have two pound of good ſweet butter, and put it into the Flour, and break it into ſmall pieces, and then rub it very fine in the Flour, till it look like grated bread, then have a pound and a half of fine Sugar, beaten and ſifted, put it into the Flour, one ounce of beaten Cinnamon, an ounce of Nutmegs grated, a pint of good Ale-yeaſt, half a pint of Sack, half a pint of Roſe-water, a pint of good Cream, and eight Eggs, take away two whites, beat the Eggs very well and ſtrain them through

through a hair Sieve, and put the Yeaſt into the Flour, then ſet the Sack and Roſewater upon the fire, and make it pretty hot, and put the Cream in another thing, do not make them ſcalding hot, for then it will ſpoil the Eggs, then put it to the Flour, and ſtir it with your hands lightly till you have brought it to a Body, then have a Pound and a half of ſmooth Carraways and work them into the Cake, and lay a warm Linnen Cloath over it, and a Woolen one next, and ſo ſet it before the fire to riſe for half an hour, and then butter your Hoop, and have three ſheets of good ſtrong Paper, and tack them together, and butter the uppermoſt Paper, and when the Oven is hot, put the Cake into the Hoop and bake it, if it be of any conſiderable thickneſs, it will be two hours baking, if it be ſmall, one hour will bake it, when bak'd, take two whites of Eggs, and four Spoonfuls of Roſe-water,

and

and half a Pound of double Refined Sugar beaten fine and ſifted, beat all very well together and waſh the Cake all over with it, and ſtrew on ſome ſmooth Carrawaies and ſet it in the Oven, when you ſee the Iceing to riſe, and look white, then take it out of the Oven, and be ſure you do not ſquot it till it be cold, for that will make it heavy; you muſt put in two grains of Muſk, and one grain of Ambergreece into the Iceing, it muſt be ground in a Mortar with a little piece of double Refined Sugar, and ſo mix it with the Icing.

You may if you pleaſe put into the Cake, if you would have it very rich, one Pound of Almond Paſt, half a Pound of Citron, and as much Lemon and Orange-Peel cut in ſmall pieces, and four grains of Muſk, and two of Ambergreece ground with Loaf-Sugar, as is before directed.

To make a French *Pudding, cal'd a* Pom roy *Pudding.*

Take a quart of Cream, and the Crum of a Two-penny-Loaves, cut it into thin ſlices, then heat the Cream ſcalding hot, and put it on the Bread into a ſtone Pan, then grate a large Nutmeg, and put to the Bread, and ſhred three quarters of a Pound of Beef Suet very fine, and waſh half a Pound of Currans and put into the Bread, with eight Eggs, take away three whites, beat them very well, ſtrain them through a hair Sieve with three or four Spoonfuls of Sack, a little Salt, as much Sugar as will ſweeten it to your taſte, and take a good handful of Penny-royal, a little Thyme and ſhred it ſmall, then ſtir it altogether, and dip a Cloath in boyling Liquor, and then ſqueeze it out, ſpread it with Butter all over, and ſtrew on a little Flour, and lay

it

it into a Cullender or a Pan, and put in the Pudding, and tye it close, and boyl it an hour and a half; then for Sauce, melt some Butter with a little Rose-water, and sweeten it with fine Sugar, and pour it all over the Pudding, and scrape on some Sugar on it and on the brim of the dish, and serve it to the Table.

To boyl Chickens after the Dutch *Fashion.*

Take Six or more young Chickens, and put them into a Stew-pan or Pipkin, being first Trust for boyling, then put to them as much water as will just cover them, and when they boyl, put in a quart of young green Pease, and a little handful of Parsly finely pickt and washt, when the Pease be enough, put in a pint of good Cream, if but Six Chickens, and if Twelve, put in a quart, and two quarts of Pease, lay the Chickens

Chickens into the Diſh with Sippets of *French-Bread*, then pour on the Broath: Garniſh your Diſh with Flowers and a little Salt, and ſerve it to the Table.

To make White Broath.

Take a young Pullet or Cock, and Truſs them to boyl, then have ſome ſtrong Broath put in the Fowl, and ſet it over the fire, put in a blade or two of large Mace, half a Nutmeg, four Cloves, put it into the Liquor, let there be no more Broath than will cover the Fowl, and then have half a Pound of Currans, and as many Raiſons of the Sun boyled in another skillet, till they be plump, then put them into a Cullendar to drain, and put them into the Pipkin to the Fowl, and a quart of thick Cream boyl'd and put to it, then beat the Yolks of Six Eggs, and put in three or four Spoonfuls of Sack, and ſweeten it to your

your taſte, put it into a deep Pewter or Silver Diſh, lay the Fowl in the middle, put ſome fruit upon it, then have ſome ſlices of *French-Bread*, and put as much as will lie all over the Diſh. Garniſh the Diſh with ſome Preſerved Barberries, Preſerved Cherries, or Bullies, or Damſons, ſcrape Sugar on the brim and ſerve it to the Table.

This way you may dreſs a Lambs-Head: This Diſh is moſt proper for the Winter, and is beſt for a Supper Diſh.

To Stew Pippins.

Take large Pippins, pare them and cut them in halves, and Core them, and lay them into a Stew-pan, or a Preſerving-pan, and put as much water as will cover them, and let them boyl about a quarter of an hour, then pour away the water, put to them a pint of White-wine, a Pound of good Sugar, a dozen of

Cloves

Cloves, a quarter of an Onnce of Cinnamon, a piece of Orange and Lemon-Peel, Stew them very quick, when they are clear, they are enough, ſqueeze on ſome juyce of Lemon, and Diſh them on fine carved Sippets, and ſtick ſmooth Sugar-Almonds, and pieces of Candid Orange and Lemon-Peel, or Candid Citron, pour on the Syrup before you ſtick on theſe things, then ſtrew on ſome ſmooth Carrawaies on the Pippins, and on the brim of the Diſh ſcrape ſome Sugar, and ſerve them to the Table.

If you would have them Red, put in a piece of Preſerved Quince, and keep them cloſe covered, and ſtew them over a ſlow fire.

To make a very good Cake.

Take a Peck of fine Flower, and three Pounds of ſweet Butter, and work them together very well, then take Ten Eggs, but leave out ſix of the

the Whites, take a pint and an half of Yeaſt, beat the Eggs and the Yeaſt together very well, and put to the Flour, then take two Pound of ſweet Almonds, blanch them, and beat them very well in a Stone or Wooden Mortar, with ſome Roſe-water, to keep them from being Oyly, then put the Almond Paſte into the reſt, mix it well together, you may put in what Spice you pleaſe, as beaten Cinamon, Cloves and Mace, and four large Nutmegs, and two Pound of Sugar, and if you will, a little beaten Ginger, add alſo a pint of Canary, and when you have made it into a Paſte, then cover it warm before the fire, and let it riſe for half an hour, then put in twelve Pound of Currans clean pickt and waſhed, being well dryed in a Cloath before the fire, ſpread in a Sieve or a clean Driping-pan, put in alſo two or three Pound of Raiſins of the Sun, Ston'd and cut ſmall, and you may add ſome

Cloves, a quarter of an Ounce of Cinnamon, a piece of Orange and Lemon-Peel, Stew them very quick, when they are clear, they are enough, ſqueeze on ſome juyce of Lemon, and Diſh them on fine carved Sippets, and ſtick ſmooth Sugar-Almonds, and pieces of Candid Orange and Lemon-Peel, or Candid Citron, pour on the Syrup before you ſtick on theſe things, then ſtrew on ſome ſmooth Carrawaies on the Pippins, and on the brim of the Diſh ſcrape ſome Sugar, and ſerve them to the Table.

If you would have them Red, put in a piece of Preſerved Quince, and keep them cloſe covered, and ſtew them over a ſlow fire.

To make a very good Cake.

Take a Peck of fine Flower, and three Pounds of ſweet Butter, and work them together very well, then take Ten Eggs, but leave out ſix of the

the Whites, take a pint and an half of Yeaſt, beat the Eggs and the Yeaſt together very well, and put to the Flour, then take two Pound of ſweet Almonds, blanch them, and beat them very well in a Stone or Wooden Mortar, with ſome Roſe-water, to keep them from being Oyly, then put the Almond Paſte into the reſt, mix it well together, you may put in what Spice you pleaſe, as beaten Cinamon, Cloves and Mace, and four large Nutmegs, and two Pound of Sugar, and if you will, a little beaten Ginger, add alſo a pint of Canary, and when you have made it into a Paſte, then cover it warm before the fire, and let it riſe for half an hour, then put in twelve Pound of Currans clean pickt and waſhed, being well dryed in a Cloath before the fire, ſpread in a Sieve or a clean Driping-pan, put in alſo two or three Pound of Raiſins of the Sun, Ston'd and cut ſmall, and you may add ſome

Candied Orange and Lemon-Peel minced ſmall, and a Grain or two of Ambergreece, and as much of Musk, and as ſoon as you have put in the Fruit, let it be baked, and if you pleaſe you may Ice this Cake, it will take up two Pound of double refined Sugar to Ice it.

To Stew Mutton or Lamb.

Take a Line, Neck, or Breaſt of Mutton or Lamb, and cut it into pieces not too thick, and put it into a Stew-pan, and put as much water or ſtrong Broath as will almoſt cover them, then put in ſome Pepper groſly beaten, a large Onion cut in quarters, and a blade of large Mace, two or three Shelots, a bundel of ſweet herbs, and as much Salt as will make it ſavoury, good ſtore of Spinage, and a handful of Sorrel, and a handful of Parſly pickt fine, and the inward Shell of a Mangoe, and if it be time of

of the Year when you can have Cabbage-Lettice, put in half a dozen of hard Cabbage-Lettices, Stew all theſe over the fire for two hours cloſe covered, and then it will be enough, then lay ſome carv'd Sippets in the Diſh, and lay the Meat in Order in the Diſh, and pour on the Broath and Hearbs; in the Winter, Garniſh your Diſh with pickl'd Barberries and Parſly, and in the Summer with Flowers and Parſly, and red Cabbage cut in thin ſlices, and ſtrew on ſome Salt on the brim of the Diſh: This way you may Stew Rumps of Beef, only add to it ſome Turneps, or Carrots cut in ſlices, or if you pleaſe, in the room of Lettice, put in a Savoy cut in pieces, or a fine young white Cabbage.

How to make ſtrong Broath.

Take a good piece of Lean Neck Beef, Chop it very well, and a good Shin of Beef, let the Bones be very well Chopt, and a Knuckle of Veal, ſome Bones of Pork, or a Clod piece of Pork, put theſe into as much water as will well receive them, then put in half an Ounce of whole white Pepper, two large Onions, three or four blades of Mace, one Nutmeg cut in quarters, a bundle of ſweet herbs, a little Salt, ſet it on a clear fire, and let it boyl till the Meat be very tender and the Broath taſte ſtrong, then ſtrain it out and keep it for your uſe. If you pleaſe, you may put in a piece of Lean Bacon.

To make Eſſence of Oat-meal.

Take a pint of great Oat-meal, beat it very well, then put to it two quarts

quarts of fair water, and let it ſtand all Night, then ſtir it very well and ſtrain it through a hair Sieve, then put it into a clean ſcour'd skillet, and put in four blades of large Mace, one Nutmeg cut into ſlices, ſet it over the fire keeping it ſtirring till it boyles, then let it boyl a quarter of an hour, then if it be too thick, put in ſome water, for it muſt be no thicker then good thick Cream, when you have put in the water let it boyl a little longer, then put in one pint of White-wine or Rheniſh-wine, or half a pint of Sack, a little Roſe-water, or Orange-flower-water which is better, the juyce of a good Lemon, and the juyce of an Orange, a quarter of a Pound of good ſweet Butter, the Yolks of three Eggs, a little Salt, and as much Sugar as will ſweeten it to your taſte, and Brew this and ſtir it well together, and put it out into Porrengers, or fine Chainy-Cups, and ſo drink

it, this is a very Genteel thing for a Brakefaſt for ſtrangers, or it is good for one that hath a weak Stomach.

How to make Pottage or French *Broath.*

Take ſtrong Broath, and the Crag of a Neck of Mutton, and a Knuckle of Veal, about half a Pound of Lean Bacon that is not Ruſty, and in the Winter the bones of Hoggs-fleſh that are cut out of the Flitches, and in the Sommer time, the bones of Veniſon broke and put into the Broath, then ſet it on the fire, let it boyl one hour, then have ſome Cocks-combs, and Stones, blanch them and cut them into ſmall pieces about an Inch long, and a quarter of an Inch broad, and ſome Lamb-Stones, and Sheeps Tongues and Pallates, Oxe Pallates boyl'd and blanch'd and cut as the others, then have ſome Balls of Forc'd meat, both White and Green,

Green, and put in with the Pallets and other things, which muſt be very tender boyl'd before they be blanch'd, the Balls muſt be as big as a large Nutmeg, then have ſome Spinage waſh'd, and the ſtalks pickt off, and if the Leaves be large give them a ſhred or two, and in the Summer time put in young Green Peaſe, then put in one pint of the Flommary made very thick, a little whole Pepper, the inward ſhell of a Mangoe, a blade or two of Mace, and when all theſe things be in, let it boyl for a quarter of an hour, for if it boyl longer, the Broath will be flat, and taſt not ſo pleaſant, then if there be any fat take it off, and ſtir in about a quarter of a Pound of good freſh Butter, then have ſome Sippets of *French-Bread* and lay in a Diſh, and ſet it over a Chafing-diſh of Coals, then put into the Broath half a pint of Mutton or Beef Gravy and ſtir it about, and then

lay a roſted Duck, or a roſted Pullet in the middle of the Diſh, and pour on the Broath, Garniſh the Diſh with the raſpin of *French-Bread* ſifted and ſtrew'd on the brims, or the Cruſt of other white Bread grated, and ſome Lemon-Peel cut thin and ſhred ſmall, and ſome ſlices of carv'd Lemon, and ſo ſerve it to the Table.

To make Fritters.

Take a quart of new Milk, and ſtir in as much fine Flower as will make it a thick Batter, then beat Ten Eggs, take away four Whites, beat them very well, ſtrain them through a hair Sieve into the Batter, and grate in a Large Nutmeg, ſome beaten Cloves and Mace, half a Spoonful of beaten Ginger, a little Sack, a little Salt, one Spoonful of Ale-Yeaſt, ſtir it well together, then have ſome Pipins cut in round ſlices, they muſt be thin, and dip them into the Bat-

ter

ter, and fry them in clarifyed Beef-Suet or Hogs-Lard, and ſtrew on good ſtore of Cinnamon and Sugar, ſcrape Sugar on the brim of the Diſh, and ſerve it to the Table. Or otherwiſe ſhred your Pippins or Apples very ſmall and ſtir them into the Batter and Fry them in Spoonfuls, you muſt be ſure to Fry Fritters in ſo much Suet as they may Swim, and take them up with a ſlice and lay them in a Cullender on a courſe Cloath, be ſure do not Fry them too brown.

To make Fritters in the French *Faſhion.*

Take a pint of Mutton Broath when cold, then take off the Fat, and ſtir in as much Flour as will make it a thick Batter, take ſix Eggs Yolks and Whites, one Nutmeg grated, a little beaten Cloves and Mace, a little beaten Ginger, four Spoonfuls

fuls of Sack, a little Salt, beat all this together, and cut Eight Pippins very ſmall and put into the Batter, and ſo Fry them in ſmall Spoonfuls as you do the other, and ſend them to the Table.

How to make Soop.

Take white Peaſe, and waſh them, and pick them very clean, then put them into cold water, and let them boyl till they be very tender, then take them up into a Cullender, and force the Pulp of the Peaſe through the Cullender with a Ladle, then have ſome ſtrong broath made with a piece of Beef, and the Crag end of a Neck of Mutton, and a piece of Veal, and a piece of Lean Pork, or a piece of Lean Bacon, ſtrain it through a hair Sieve, then put in the Pulp of the Peaſe into the broath, a little whole Pepper, two or three blades of Mace, one Nutmeg cut into

ſlices

ſlices, a litte Salt, ſo much as will make it reliſhable, then put in one quart of good Flommary, and ſome Spinage waſht, and pickt, and chopt a little, if the Spinage be large, and if it be very young, you may put it in whole, only takeing off the ſtalks, then have ſome Balls of forc't Meat, Green and White, made as big as large Nutmegs, and put into the broath, boyl all theſe a quarter of an hour, then ſtir in half a Pound of good ſweet Butter, and if it be not thick enough then beat the Yolks of ſix Eggs and ſtir into it, and give it one boyl, then have a clean deep Diſh with ſome ſlices of *French-Bread* ſet over a Chafing-diſh of Coals, pour on your Soop and lay a roſted Duck, or a Tame Pidgeon roſted in the middle of the Diſh, and Garniſh the Diſh with Fry'd Lamb-ſtones and Sweet-breads finely Fry'd, and Fry'd Parſly, and ſerve it to the Table. Strew on ſome Salt

on

on the brim of the Diſh, this Diſh is only proper for the Winter Seaſon.

To keep Goosberries or Grapes to make Tarts all the Winter.

Take theſe Fruits when at the full growth, but not ripe, and put them into Glaſs Bottles with a wide Mouth, fill the Bottles, and Cork them cloſe, and tye them over with Leather cloſe that no Air can come into them, then ſet them in a cold Seller, and keep them for your uſe. So you may keep Cherries, Bullis, or Damſons.

To make Syrup of Gilliflowers.

Take Clove-Gillyflowers freſh Gathered, then cut off all the white and put them into a Silver Tankard

or

or a new Pipkin with a cover, and then have ſome Spring-water that hath boyled a quarter of an hour, then put as much of the boyled water to the Flowers as will ſteep them, then ſet it upon hot Embers to keep it ſcalding hot for five or ſix hours, and then ſet it by till the next day, then heat it again, and then ſqeeze out the Flowers, and then put in more, and ſet it on hot Embers as before, and when cold, ſqueeze out the Flowers very hard, and to every pint of this Liquor put two pound of good white Sugar, and ſet it on the Fire, and keep it ſtiring till the skim does riſe, and when it is ready to boyl take it from the Fire, and ſcum it, then ſet it on the Fire and let it juſt boyl, and then take it off and ſet it by, and when it is cold Bottle it, and ſtop it not too cloſe, and keep it for your uſe.

To make Syrup of Violets.

Take the deepeſt and beſt colour-ed Violets, and make ſome Spring water boyling hot, and put the Flowers into a Silver Tankard or into a new Pipkin with a cover, then put in the water upon the Flowers, till it be as thick as you can well ſtir it about, and then ſet it upon hot Embers, to keep it hot ſix hours, but be ſure it do not boyl, and ſet it by till it is cold, and then ſqueeze out the Flowers, and to every pint of this Liquor put two pound and a half of right Brazeil Sugar, and ſet it upon the Fire, and when it is ſcalding hot, and when the ſcum does riſe, take it off and Scum it, and ſet it by, and when cold, Bottle it and ſtop it cloſe, and keep it for your uſe.

To make Sauce for Roaſted Chicken or Lamb when very young.

Take ſome Mutton or Beef Gravy, and two or three Shallots cut ſmall, and put them into the Gravy, then ſet it on the Fire, and let it juſt boyl, then take it off, and put into it half a Spoonful of Ketchup, and a little Pepper groſly beat, ſtir it over the Fire till it be almoſt ready to boyl, then take it off and put it into the Diſh, ſet it over a Chafing-diſh of Coals, and then lay in the Chicken or Lamb, ſtrow ſome Salt on them and lay ſome carv'd Lemon upon the Chicken; if Lamb, it muſt be ſome carv'd Orange, and ſqueeze a little juice of Orange into the Sauce, this Sauce is good for Mutton, Lamb or Beef-Stakes, either fry'd or broyl'd.

To make Syrup of Cowſlips.

Take a Gallon of Cowſlips, cut off all the whites, then have a quart of Spring-water, which hath boyl'd a quarter of an hour, you muſt ſet ſo much water on the Fire, as to have a quart, when it is boyl'd ſo long, then put the Flowers into a new well Glaſs'd Pipkin, and pour the water boyling hot upon them, and ſet the Pipkin on hot Embers to keep hot ſix hours, then ſet it by till the next day, then ſet it on the Fire till it is ready to boyl, then ſqueeze out the Flowers very hard, and then put in as many Flowers as before, and ſet it on hot Embers as before, and then let it ſtand till the next day, then heat it again, and when hot take it off the Fire, and ſqueeze out the Flowers, and to every pint of this Liquor put two pound of good Sugar, ſet it on the Fire and keep

keep it ſtirring till you ſee the Scum do riſe, and then take it from the fire, Scum it clean, and ſet it on again, and ſee if any Scum will riſe more, and Skim it clean, but do not let it boyl, for then it will be apt to Candy, when cold Bottle it, and ſtop it, but not too cloſe, and keep it for your uſe.

To make very good Pudding in Hoggs Guts.

Take the Liver, Heart, and Lights of the Hogg, aud the Tongue, boyl them very well, then grate the Liver, and ſhred the Lights, and Heart, and Tongue, and ſhred it very fine, it muſt be as ſmall as grated Bread, then have ſome grated Bread, or Naple-Biſket, grate a Pound weight of either of them it is enough, two pound of Currans waſht and pickt clean, half an Ounce of Cinnamon, three Nutmegs, a quarter of an Ounce

of beaten Cloves and Mace, as much Cream as will make it into a ſtiff batter, ſix Spoonfuls of Roſe-water, a quarter of a pint of Sack, two Pound of Marrow groſly cut, or two Pound of Beef Suet cut very fine, a little Salt, two Grains of Ambergreece beated fine in a Mortar, with a little piece of Loaf-Sugar; put all theſe things into a large Earthen Pan or Wooden Bowl, and mix them very well together, then have ſixteen Eggs, take away ſix of the Whites, and beat them, then ſtrain them into the Pudding, and ſtir them very well together, and put in as much Sugar as will make it ſweet enough to your taſte, and when it is well mixt, then waſh the Guts in Roſe-water, fill them, and tye them up in ſmall Puddings, and have a Kettle of boyling water on the fire, and put them in and boyl them a quarter of an hour, but not too faſt, then take them up, and lay them on clean

Straw

Straw, or on a clean Cloath. If you would have them very rich put in a Pound of Almonds Blanch'd and beaten with Roſe-water to keep them from Oyling, this way you may make Rice Pudding, leaving out the Fleſh; the Rice muſt be boyled in Milk till it is tender, and then when the Milk is drain'd from it, beat it in a ſtone or Wooden Morter till it is very ſmall, then ſeaſon it as the other, only put in more Cream, and half a Pound of Marrow or Suet more, becauſe the Rice will ſoak up the Fat.

To make an Almond Florendine.

Take a pound of Jordan Almonds, and blanch them and beat them with four Spoonfuls of Roſe-water, to keep them from Oyling, put to them in beating half a pound of ſingle Loaf-Sugar, do not beat them too fine, then have a pound of Naples

Bisket grated, one Nutmeg, a quarter of an ounce of Cinnamon, four or five Spoonfuls of Sack, two grains of Amber-greese, two spoonfuls of Orange-flower-water, a pint of Cream, eight Eggs, take away four whites, then stir all these Ingredients together, and a little Salt, and if it be not sweet enough put in as much Sugar as will make it pleasant, then have a Pewter-dish, strow some Flour all over the bottom and brim, then have a thin sheet of Puff-past, and lay all over the Dish, then put in the Florendine, then have another sheet of Puff-past, but not so thin as the other and lay upon it, close it and cut the brims in fine works, and the top in Flowers, as the top of Fruit-Tarts, and then put it into the Oven, the Oven must not be hotter than for Cheesecakes, one hour will bake it: if you please, instead of Almonds you may put in half a pound of Rice, just boyl'd in Milk,

and

and when it is tender boyl'd, put it out into a Cullender, and let the Milk drain from it, and then beat it in a Stone-Mortar, and then ſeaſon it as the other.

To make Excellent Cheeſecakes.

Take two quarts of Cream or New-milk, but Cream is beſt, then take fourteen Eggs, yolks and whites, ſet the Cream on the Fire, and beat the Eggs very well, and when the Cream boyls, take it from the Fire, and take out ſome of the Cream and mix with the Eggs, then put the Eggs into the Cream, and ſtir them together, then ſet it on the Fire, and keep it ſtirring till it boyl and when it hath boyl'd a little take it from the Fire, and let it ſtand a quarter of an hour in the Skellet, then pour it out into a Hair-Sieve, and let the Whey run from it, ſtirring it often with a ſpoon gently, that

the Whey may run clean from the Curds, then have a pound of Naple-Biskets grated, half a pound of Almond paſte, one large Nutmeg grated, a quarter of an ounce of Cinnamon a little beaten Cloves and Mace, half a pound of Currans waſh'd and pick'd, half a pound of Almond-paſt, a quarter of a pint of Sack, three ſpoonfuls of Roſe-water, or Orange-flower-water, a little Salt and as much Sugar as will make it pleaſant to your taſte, take ten Eggs, take away half the whites, beat them very well then melt half a pound of good ſweet Butter, and let it ſtand and Settle, that the Salt and Buttermilk may ſink to the bottom, then pour it into the other things, then have one grain of Musk, two grains of Ambergreeſe, rub'd in a Mortar with a little piece of Loaf-Sugar, then ſtir all theſe well together, and ſo fill the Chiſcakes, and put them into the Oven as ſoon as they be made,

half

half an hour will bake them when bak'd, ſcrape on Sugar and ſend it to the Table; Garniſh them with Feathers and S'ss made of the ſame Paſte that you make Cuſtards with, the Oven muſt not be too hot.

To make Orange or Lemon Tarts.

Take Preſerv'd Oranges, not Candyed, and waſh them out of the Syrup in warm water, then dry them in a clean cloath, and then cut them into thin ſlices, lay them into little thin ſhallow Tarts or in Patty-panns, then cover them with fine Sugar, and ſqueeze on ſome juice of Lemon to every Tart have a good Lemon, and before you lay in any Orange lay ſome ſlices of raw-Lemon allover the bottom, the raw-Lemon which you lay at the bottom, muſt be cut very thin, and all the Seeds taken out; This way you may make Le-

mon

mon Tarts of Preſerv'd Lemons; cloſe them and cut the Lid in fine works, and bake them, half an hour will bake them, when bak'd draw them, then waſh the Lids with this Iceing, take the whites of two Eggs, as much double refined Sugar, beat and Sift'd, as will make it into a thin Batter, a little Musk or Ambergreeſe, rub'd in the Sugar, one ſpoonful of Roſe-water, beat all theſe together, and with a bruſh waſh the Lids of the Tarts all over, then ſet them into the Oven, till you ſee the Iceing to Riſe and look white, and when cold Serve them to the Table, ſcrape Sugar on the brim of the Diſh.

To make French *Barley Cream.*

Take half a Pound of good Pearl Barley, and waſh it in fair water, and ſet it upon the fire to boyl in a quart of new Milk, put in two blades of Mace, and a little Cinna-

mon

mon, let it boyl till it is very tender, then ſtrain the Milk through a Cullender, put to it a quart of good thick Cream, beat ſix Eggs, abateing two of the Whites, with two Spoonfuls of Roſe-water, or Orange Flower-water, and ſtrain them through a hair Sieve, then take a little of the Cream and Milk and mix with the Eggs, put in a little Salt, and ſweeten it to your taſte, put in the Eggs and ſtir it upon the fire till it is ſcalding hot, but it muſt not boyl, then put it out into China-Diſhes, or Cream bowls, and eat it either hot or cold.

To make Orange Cream.

You muſt uſe Orange-Peels, and the juyce as directed, for Lemons in the Receipt for making of Lemon Cream, only uſe Yolks of Eggs to thicken it, and a little Saffron if the Colour be not deep enough.

THE

THE CONTENTS.

TO Stew Carps. pag. 1.
To Dreſs a Diſh of boyled Pullets. pag. 3.
To make Forced Meat pag. 5.
To make ſtrong Broath. bag. 6.
To make a Frigacy. pag. 6.
To make Sauce for Roaſted Partrigs, or Pheaſants, or young Turkeys. pag. 8.
To Haſh a Calves-Head. pag. 8.
To make Scotch Collops. pag. 10.
To make Sauce for a Hare. pag. 11.
To make Sauce for Roaſted Pullets, or Capons, pag. 12.
To make Sauce for Wild Pidgeons. p. 13.
To make Sauce for young Ducklings. pag. 14.
To make Sauce for Roaſted Wild Ducks. pag. 14.
To make Sauce for boyled Ducks. p. 15.
To Pickle Lemons. pag. 16.
To Pickle Quinces, pag. 16.

To

To make Hypocraſs. pag. 17.
To make a Syllabub. pag. 18.
To make white Almond Butter. pag. 19.
To make Lemon Cream. pag. 20.
To make Sugar Plate. pag. 21.
To make Aquamirabilis. pag. 22.
To make Gaſcoyne Powder. pag. 23.
To Coller Beef the beſt way. pag. 24.
To make French-Bread. pag. 26.
To Chller a Pig. pag. 27.
To make a Goosberry Fool. pag. 28.
To make Cinnamon Water. pag. 29.
To make Marrow Puddings. pag. 30.
To Dry Beef the Dutch *way.* pag. 31.
To make Lugatellas *Balſom.* pag. 32.
To make a Battalia Pie. pag. 33.
To make a Frigacy pag. 34.
To make a Sack-Poſſet. pag. 36.
To make a Sack-Poſſet another way. p. 38.
To make a Syllabub. pag. 39.
To Stew a Shoulder of Mutton with Oyſters. pag. 39.
To Stew Pidgeons after the French *Faſhion.* pag. 41.
To make a Cream Cheeſe in haſt. pag. 42.
To make an Almond Cheeſe. pag. 43.
To Candy Flowers for Sallets. pag. 44.
To make Black Puddings. pag. 45.

To

To make Christial Jelly. pag. 46.
To make Marble Jelly of several Coullers. pag. 48.
To make a Cordial Restorative Jelly. p. 52.
To make a Frigacy of Chickens. pag. 54.
To Stew Carps an Excellent way. pag. 55.
To boyl Carps. pag. 56.
To Coller Eeles. pag. 58.
To make Flommary to thicken Sauce. pag. 59.
To Pickle Walnuts like Mangoes. pag. 59.
To Pickle Turneps. pag. 61.
To Pickle Turneps another way. pag. 62.
To Pickle Cowslip-Flowers. page. 62.
To make a Carp Pie. pag. 63.
To Coller Neats-Feet to Eat like Brawn. pag. 63.
To Pickle Broom Buds. pag. 64.
To Collor and Souce an Eele. pag. 65.
To Pickle French Beans. pag. 66.
To scald and Green Fruit. pag. 67.
To Stew Pidgeons, pag. 67.
To make Damson Wine. pag. 68.
To make Quince Wine. pag. 69.
To Fat Chickens speedily. pag. 70.
To Stew Pidgeons another way. pag, 70.
To make Surfeit-water pag. 71.
To make Apricock-wine. pag. 72.

To

To make Cowslip-wine. pag. 73.
To make his Grace Gilbert *Lord* A. B. *of* Canterbury *his most Excellent Plague-water.* pag. 74.
A Medicine against sharp Humours in the Blood. pag. 76,
To make a Chadron Pie. pag. 76.
To make a most Precious Water, good against the Plague, or a Surfeit, or an Ague. pag. 77.
To Pickle Cucumbers an Excellent way. pag. 80.
To boyl Ducks the French *way.* pag. 81.
To make a Tanzey. pag. 82.
To make Goosberry-wine the best way.
To make Cherry-wine. pag. 85.
To make a Quaking Pudding. pag. 86.
To make a Rice Pudding. pag. 87.
To make an Almond Pudding. pag. 88.
To make an Orange Pudding. pag. 90.
To make a Marrow Pudding. pag. 91.
To make an Excellent Tanzey. pag. 93.
To make White Mead. pag. 93.
To make Almond Cream. pag. 94.
To make Sauce for a Boyled Leg of Mutton in the Winter. pag. 95.
In the Spring time. pag. 96.
To make Sauce for a Legg of Lamb. p. 96.

To

A Cure for a Conſumption. pag. 97.
To make Sauce for Green-Geeſe. pag. 98.
To make Sauce for a boyled Legg of Mutton or Lamb in the Summer. pag. 99.
To boyl freſh Fiſh, as Flounders, Place, Whitings, Maid, and Thornback. pag. 100.
To make Sauce for all ſorts of Freſh-Fiſh. pag. 101.
To make Sauce for boyled Rabbets. p. 102.
In the Spring for young Rabbets. pag. 103.
Savory Sauce for a Roſted Hare. pag. 104.
To make Sauce for Roaſted Chickens. pag. 104.
To make a Grand Sallet. pag. 105.
To make Sauce for a Cods-Head. p. 107.
To boyl Chickens after the French *Faſhion.* pag. 109.
To Pickle French-Beans *another way.* pag. 110.
To boyl Pidgeons in the French *Faſhion.* pag. 111.
To make Plumb Broath. pag. 112.
To make an Excellent Cake. pag. 114.
To make the Iceing for this Cake. p. 116.
To make a Carraway Cake. pag. 117.
To make a French *Pudding cal'd a* Pomroy *Pudding.* pag. 120.

To

To boyl Chickens after the Dutch *Fashion.* pag. 121.
To make White Broath. pag. 122.
To Stew Pippins. pag. 123.
To make a very good Cake. pag. 124.
To Stew Mutton or Lamb. pag. 126.
To make Strong Broath. pag. 128.
To make Essence of Oat-meal. pag. 128.
To make Pottage or French *Broath.* p. 130.
To make Fritters. pag. 132.
To make Fritters in the French *Fashion.* pag. 133.
To make Soop. pag. 134.
To keep Goosberries, or Grapes to make Tarts all the Winter. pag. 136.
To make Syrup of Gilliflowers. pag. 136.
To make Syrup of Violets. pag. 138.
To make Sauce for a Roasted Chicken, or Lamb, when very young. pag. 139.
To make Syrup of Cowslips. pag. 140.
To make very good Puddings in Hoggs Guts. pag. 141.
To make Almond Florendine. pag. 143.
To make Excellent Cheese-Cakes. p. 145.
To make Orange or Lemon Tarts. p. 147.
To make French *Barley Cream.* pag 148.
To make Orange Cream. pag. 149.

FINIS.